

ANALISIS ASUHAN KEPERAWATAN LATIHAN FISIK INTRADIALISIS DENGAN TERAPI *RANGE OF MOTION* (ROM) TERHADAP *ACTIVITY DAILY LIVING* PADA PASIEN HEMODIALISA

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Abstrak

Hemodialisa adalah suatu terapi pengganti ginjal yang dilakukan oleh penderita penyakit gagal ginjal kronik. Terapi hemodialisa memiliki efek samping seperti kram, kekakuan pada otot, lemas, pusing, kaku sendi, dan kebas. Efek tersebut sering terjadi pada saat pasien menjalani hemodialisa namun penderita kesulitan untuk mengatasi keluhan tersebut dalam jangka waktu yang lama sehingga menyebabkan terjadinya penurunan *Activity Daily Living*. Tujuan dari penelitian ini adalah untuk membantu pasien dalam meningkatkan *Activity Daily Living* dengan memberikan tindakan *Range of Motion* (ROM) Intradialisis. Pemberian terapi ini dilakukan di RSPAD Gatot Soebroto dengan pasien berjumlah dua orang. Terapi *Range of Motion* (ROM) Intradialisis dilaksanakan lima kali selama tiga minggu. Efektivitas terapi yang dilakukan diukur menggunakan kuesioner *Barthel Index*. Dimana hasil dari pemberian terapi *Range of Motion* Intradialisis efektif dalam meningkatkan *Activity Daily Living* terbukti dari hasil skor *Barthel Indeks* terhadap kedua pasien mengalami peningkatan setelah diberikan terapi tersebut selama tiga minggu.

Kata Kunci: Hemodialisa, *Activity Daily Living*, *Range of Motion* Intradialisis

ANALYSIS OF NURSING CARE INTRADIALYSIS PHYSICAL EXERCISE USING RANGE OF MOTION (ROM) THERAPY ON DAILY LIVING ACTIVITY IN HEMODIALYSIS PATIENTS

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Abstract

Hemodialysis is a kidney replacement therapy performed by patients with chronic kidney disease. Hemodialysis therapy has side effects such as cramps, stiffness in the muscles, weakness, dizziness, joint stiffness, and numbness. This effect often occurs when patients undergo hemodialysis, but sufferers have difficulty dealing with these complaints for a long time, causing a decrease in Activity Daily Living. The purpose of this study was to assist patients in increasing their Daily Living Activity by performing Intradialysis Range of Motion (ROM). The administration of this therapy was carried out at the Gatot Soebroto Army Hospital with a total of two patients. Intradialysis Range of Motion (ROM) therapy was carried out five times for three weeks. The effectiveness of therapy was measured using the Barthel Index questionnaire. Where the results of giving Range of Motion Intradialysis therapy were effective in increasing Activity Daily Living as evidenced by the results of the Barthel Index score for both patients which increased after being given this therapy for three weeks.

Keywords: Hemodialysis, Activity Daily Living, Range of Motion Intradialysis