

PENERAPAN TINDAKAN ROM (*RANGE OF MOTION*) ASUHAN KEPERAWATAN STROKE NON HEMORAGIK (ISKEMIK) PADA NY. L DENGAN MASALAH GANGGUAN MOBILITAS FISIK DI WILAYAH RT 005 / RW 001 KELURAHAN RAMBUTAN KECAMATAN CIRACAS KOTA JAKARTA TIMUR

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Abstrak

Latar Belakang : Stroke non hemoragik disebut dengan stroke iskemik atau emboli dan trombus yaitu tertutupnya pembuluh darah oleh bekuan darah atau gumpalan hasil terbentuknya trombus sehingga mengalami penyumbatan di otak. Penelitian ini dilakukan untuk menganalisis penerapan asuhan keperawatan pada Ny. L dengan stroke non hemoragik (Iskemik) meliputi pengkajian keperawatan, diagnosa keperawatan, intervensi keperawatan, implementasi keperawatan, dan evaluasi keperawatan. **Metode Penelitian :** Desain yang digunakan adalah deskriptif dengan menggunakan metode studi kasus. Pada studi kasus ini instrumen yang dilakukan adalah format pengkajian keperawatan medikal bedah yang berdasarkan ketentuan yang digunakan di UPNVJ khususnya D3 keperawatan dan juga lembar SOP latihan *Range Of Motion* (ROM), lembar penilaian skala morse/morse falls scale. **Hasil Penelitian :** Masalah keperawatan yang muncul pada kasus adalah gangguan mobilitas fisik berhubungan dengan penurunan kekuatan otot (neuron). Setelah dilakukan tindakan keperawatan selama 4 x 24 jam dengan memberikan latihan gerak aktif ROM (*Range Of Motion*) selama 20 menit sehari hasil evaluasi keperawatan teratasi sebagian dengan tujuan dan kriteria hasil yang ditetapkan. **Kesimpulan :** Penerapan asuhan keperawatan pada Ny. L dengan stroke non hemoragik (Iskemik) mencapai hasil yang diharapkan karena adanya kerja sama yang baik antara perawat dan pasien dan keluarga.

Kata Kunci : Asuhan Keperawatan, Stroke Non Hemoragik (Iskemik), *Range Of Motion* (ROM)

**IMPLEMENTATION OF ROM (RANGE OF MOTION) ACTIONS
NON HEMORRHAGIC (ISCHEMIC) STROKE NURSING CARE IN
NY. L WITH PHYSICAL MOBILITY IMPAIRMENT PROBLEMS IN
THE RT 005 / RW 001 AREA RAMBUTAN DISTRICT AREA,
CIRACAS DISTRICT EAST JAKARTA CITY**

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Abstract

Background: *Non-hemorrhagic stroke is called ischemic stroke or embolism and thrombus is the closure of a blood vessel by a blood clot or clot resulting from the formation of a thrombus resulting in a blockage in the brain. This research was conducted to analyze the application of nursing care to Mrs. L with non-hemorrhagic (ischemic) stroke includes nursing assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation. **Research Method:** The design used is descriptive using the case study method. In this case study, the instruments used were the medical surgical nursing assessment format which was based on the provisions used in UPNVJ, especially D3 nursing and also the Range of Motion (ROM) exercise SOP sheet, Morse scale/Morse falls scale assessment sheet. **Research Results:** The nursing problem that emerged in the case was impaired physical mobility related to decreased muscle (neuron) strength. After carrying out nursing actions for 4 x 24 hours by providing ROM (Range Of Motion) active movement exercises for 20 minutes a day, the results of the nursing evaluation were partially resolved with the objectives and criteria for the results set. **Conclusion:** Application of nursing care to Mrs. L with non-hemorrhagic (ischemic) stroke achieved the expected results because of good cooperation between nurses and patients and families.*

Keywords: *Nursing Care, Impaired Physical Mobility, Non-Stroke Hemorrhagic (Ischemic), Range Of Motion (ROM)*