

PENATALAKSANAAN FISIOTERAPI PADA KASUS DOWN SYNDROME DI RUMAH SAKIT ANAK BUNDA HARAPAN KITA

Dyas Laksmi Utami

Abstrak

Latar Belakang: *Down syndrome* terjadi sebagai akibat dari kegagalan pembelahan sel pada embrio, yang seharusnya membuat dua salinan kromosom 21 namun menghasilkan tiga salinan, sehingga bayi baru lahir memiliki 47 kromosom, bukan 46 pada umumnya. Fisioterapi berperan dalam mengatasi problematik pada *down syndrome* seperti gangguan *impairment, disability, dan activity limitation* sehingga pasien dapat beraktivitas secara mandiri. **Tujuan:** Adapun tujuan dari penelitian untuk mengetahui bagaimana proses penatalaksanaan fisioterapi dengan pemberian intervensi metode bobath pada pasien *down syndrome*. **Metode:** Desain yang digunakan laporan kasus (*case report*) dengan diagnosa medis *down syndrome*. **Hasil:** Setelah dilakukan 4 kali tindakan fisioterapi terdapat peningkatan tonus otot, pada saat berdiri dengan fiksasi hip pelvic anak sudah stabil, perubahan respon anak pada permasalahan gangguan taktil, namun belum ada peningkatan pada kemampuan fungsional pada anak. **Kesimpulan:** Penatalaksanaan fisioterapi pada kasus *down syndrome* didapatkan hasil bahwa peningkatan tonus otot, pada saat berdiri dengan fiksasi hip pelvic anak sudah stabil, terdapat perubahan respon pada gangguan taktil.

Kata Kunci : *Down syndrome, Fisioterapi, Tonus postural, Metode Bobath, Gross Motor Function Measure.*

PHYSIOTHERAPY MANAGEMENT IN DOWN SYNDROME CASES HARAPAN KITA MOTHER AND CHILDREN'S HOSPITAL

Dyas Laksmita Utami

Abstract

Background: Down syndrome is this occurs as a result of failure of cell division or nondisjunction in the embryo, which should make two copies of chromosome 21 but produces three copies, so that newborn babies have 47 chromosomes, not the usual 46. Physiotherapy plays a role in overcoming problems with Down syndrome such as impairment, disability and activity limitation so that patients can carry out activities independently. **Objective:** The aim of this research is to find out the process of physiotherapy management by providing bobath method intervention in patients with Down syndrome. **Method:** The design used is a case report with a medical diagnosis of Down syndrome. **Results:** After carrying out a physiotherapy evaluation for 4 sessions, it was found that the child experienced an increase in muscle tone, when standing with hip pelvic fixation the child was stable, as well as changes in the child's response to the problem of tactile disorders. To get an evaluation of changes in the child's functional abilities, research needs to be carried out. over a longer period of time. **Conclusion:** Physiotherapy management in cases of Down syndrome showed that the child experienced an increase in muscle tone, when standing with hip pelvic fixation the child was stable, there was a change in the child's response to the problem of tactile disorders, so that in order to get an evaluation regarding changes in the child's functional ability, it was necessary to carry out research over a longer period of time.

Keywords : *Down syndrome, Physiotherapy, Postural Tonel, Bobath Method, Gross Motor Function Measure.*