

ANALISIS ASUHAN KEPERAWATAN PASIEN STROKE DENGAN PENERAPAN *HEAD UP 30°* TERHADAP PERFUSI SEREBRAL DI RUANG PERAWATAN INTENSIF

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Abstrak

Latar Belakang: Stroke merupakan penyebab kematian dan kecacatan utama di dunia. Prevalensi stroke meningkat terutama di Indonesia. Pasien stroke sering memerlukan perawatan intensif dengan perhatian khusus pada perfusi serebral dan oksigenasi otak untuk mencegah kerusakan neurologis lebih lanjut. Elevasi kepala berperan penting dalam mendukung hal tersebut. **Tujuan:** Mengetahui efektivitas posisi *head up 30°* terhadap perubahan perfusi serebral pada pasien stroke yang dirawat di ruang ICU. **Metode:** Studi kasus kepada dua pasien stroke non-hemoragik dengan intervensi posisi *head up 30°* dilakukan selama tiga hari berturut-turut. **Hasil:** Posisi *head up 30°* meningkatkan stabilitas hemodinamik pada kedua pasien yang meliputi TD, MAP, HR, RR, SpO₂ dan status neurologis yaitu tingkat kesadaran (GCS). Elevasi kepala memperbaiki ventilasi dan perfusi paru, menjaga perfusi serebral, serta menurunkan risiko aspirasi, sehingga mendukung fungsi neurologis dan oksigenasi optimal selama perawatan intensif. **Rekomendasi:** *Head up 30°* direkomendasikan sebagai intervensi non-farmakologis untuk optimasi perfusi serebral dan oksigenasi pada pasien stroke di ICU.

Kata Kunci: *Head up 30°*, Intensive Care Unit (ICU), Perfusi Serebral, Saturasi Oksigen, Stroke Non Hemoragik

ANALYSIS OF NURSING CARE FOR STROKE PATIENTS WITH THE APPLICATION OF HEAD UP 30° ON CEREBRAL PERFUSION IN THE INTENSIVE CARE UNIT

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Abstract

Background: Stroke is a leading cause of death and disability worldwide, with rising prevalence in Indonesia. Intensive care for stroke patients focuses on maintaining cerebral perfusion and brain oxygenation to prevent further neurological damage. Head elevation supports these goals. **Aim:** To assess the effectiveness of a 30° head up position on cerebral perfusion in ICU stroke patients. **Methods:** A case study was conducted on two non-hemorrhagic stroke patients with a 30° head up position. A case study on two non-hemorrhagic stroke patients receiving a 30° head up position intervention for three consecutive days. **Result:** The 30° head up position improved hemodynamic stability, including blood pressure, mean arterial pressure, heart rate, respiratory rate, oxygen saturation, and Glasgow Coma Scale scores. It enhanced pulmonary ventilation and perfusion, maintained cerebral perfusion, and reduced aspiration risk, supporting optimal neurological function and oxygenation. **Recommendation:** Elevating the head to 30° is advised as a non-pharmacological intervention to optimize cerebral perfusion and oxygenation in ICU stroke patients.

Keywords: Cerebral Perfusion, Head up 30°, Intensive Care Unit (ICU), Non-Hemorrhagic Stroke, Oxygenation, Oxygen Saturation