

ABSTRACT

The Effectiveness of Right Tilt Left Tilt Mobilization in Efforts to Prevent *Pressure Injury* in Non-Hemorrhagic Stroke Patients in Room 7

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Stroke patients must undergo bed rest therapy, they may even spend time lying in bed, as a result they are very susceptible to *pressure injury*. One of the efforts to prevent *pressure injury* is to mobilize every 2 hours. The purpose of this study was to determine the effectiveness of right oblique left oblique mobilization in an effort to prevent *pressure injury* in non-hemorrhagic stroke patients in room 7 RSPAL Dr. Ramelan Surabaya. The research design was pre-experimental with a one group pretest posttest design approach. The population in this study were all non-hemorrhagic stroke patients in Room 7 RSPAL Dr. Ramelan Surabaya in July 2023 as many as 27 people. The sampling technique used consecutive sampling so that 24 samples were obtained. The instruments used were the SOP for mobilizing the right oblique left oblique and the Norton scale. The results showed that most of the respondents were likely to have a *pressure injury* before being given mobilization of the right oblique left oblique, as many as 15 people (62.5%), and most of the respondents were unlikely to have a *pressure injury* after being given mobilization of the right oblique left oblique, as many as 13 people (54,2%). The results of the analysis of the Wilcoxon Sign Rank test obtained a p value of 0.003 less than α (0.05) so that H1 was accepted and H0 was rejected, so mobilization of the right oblique left oblique was effective in preventing *pressure injury* in non-hemorrhagic stroke patients in room 7 RSPAL Dr. Ramelan Surabaya. Mobilization of the right oblique left oblique can prevent *pressure injury* in non-hemorrhagic stroke patients

Keywords: mobilization, *pressure injury*, non hemorrhagic stroke

ABSTRAK

Efektivitas Mobilisasi Miring Kanan Miring Kiri Dalam Upaya Pencegahan *Pressure Injury* Pada Pasien Stroke Non Hemoragik Di Ruang 7 RSPAL Dr. Ramelan Surabaya

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Pasien stroke harus menjalani terapi tirah baring, bahkan bisa akan menghabiskan waktu dengan berbaring di tempat tidur, akibatnya adalah sangat rentan terkena *pressure injury*. Salah satu upaya untuk mencegah *pressure injury* salah satunya adalah dengan mobilisasi setiap 2 jam. Tujuan penelitian ini adalah untuk mengetahui efektivitas mobilisasi miring kanan miring kiri dalam upaya pencegahan *pressure injury* pada pasien stroke non hemoragik di ruang 7 RSPAL Dr. Ramelan Surabaya. Desain penelitian ini adalah pre eksperimental dengan pendekatan *one group pretest posttest design*. Populasi dalam penelitian ini adalah semua pasien stroke non hemoragik di Ruang 7 RSPAL Dr. Ramelan Surabaya pada bulan Juni 2023 sebanyak 27 orang. Teknik sampling menggunakan consecutive sampling sehingga didapatkan 24 orang sampel. Instrument yang digunakan adalah SOP mobilisasi miring kanan miring kiri dan skala Norton. Hasil penelitian menunjukkan bahwa sebagian besar responden kemungkinan terjadi *pressure injury* sebelum diberikan mobilisasi miring kanan miring kiri yaitu 15 orang (62,5%), dan sebagian besar responden kemungkinan kecil terjadi *pressure injury* sesudah diberikan mobilisasi miring kanan miring kiri, yaitu 13 orang (54,2%). Hasil analisa Uji *Wilcoxon Sign Rank* didapatkan *p value* sebesar 0,003 kurang dari α (0,05) sehingga H_1 diterima dan H_0 ditolak maka mobilisasi miring kanan miring kiri efektif dalam mencegah *pressure injury* pada pasien stroke non hemoragik di ruang 7 RSPAL Dr. Ramelan Surabaya. Mobilisasi miring kanan miring kiri mampu mencegah *pressure injury* pada pasien stroke non hemoragik

Kata Kunci: mobilisasi, *pressure injury*, stroke non hemoragik