

ABSTRAK

Analisis Asuhan Keperawatan Terhadap Kualitas Hidup Pada Pasien Stroke Non Hemoragik Dengan Gangguan Mobilitas Fisik Melalui Penerapan *Effleurage Massage* Di Ruang Teratai 2 Rsud Rt. Notopuro Sidoarjo

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Latar Belakang: Stroke non hemoragik merupakan gangguan neurologis akibat terhambatnya aliran darah ke otak yang dapat menyebabkan gangguan mobilitas fisik, kelemahan otot, keterbatasan aktivitas, serta penurunan kualitas hidup. Salah satu terapi komplementer yang dapat digunakan untuk membantu meningkatkan mobilitas fisik adalah *effleurage massage* yang memberikan efek relaksasi, meningkatkan sirkulasi darah, dan mengurangi kekakuan otot. Tujuan: Menganalisis asuhan keperawatan pada pasien stroke non hemoragik dengan gangguan mobilitas fisik melalui penerapan *effleurage massage* di Ruang Teratai 2 RSUD RT. Notopuro Sidoarjo. Metode: Penelitian ini menggunakan metode studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Subjek penelitian adalah satu pasien stroke non hemoragik dengan diagnosis keperawatan gangguan mobilitas fisik. Intervensi *effleurage massage* diberikan selama 3 hari berturut-turut, satu kali sehari dengan durasi 10–15 menit pada ekstremitas yang mengalami kelemahan. Hasil: Setelah dilakukan asuhan keperawatan dan penerapan *effleurage massage* selama 3 hari, pasien menunjukkan perbaikan kondisi berupa berkurangnya kekakuan dan ketegangan otot, meningkatnya relaksasi, meningkatnya kenyamanan, serta bertambahnya kepercayaan diri pasien dalam melakukan mobilisasi. Intervensi ini juga mendukung peningkatan kualitas hidup pasien secara fisik dan psikologis. Kesimpulan: Penerapan *effleurage massage* sebagai terapi komplementer dalam asuhan keperawatan pada pasien stroke non hemoragik dengan gangguan mobilitas fisik dapat membantu meningkatkan relaksasi otot, mengurangi kekakuan, dan mendukung peningkatan kemampuan mobilisasi serta kualitas hidup pasien.

Kata kunci: Stroke non hemoragik, gangguan mobilitas fisik, *effleurage massage*, asuhan keperawatan, kualitas hidup.

ABSTRACT

Nursing Care for a Non-Hemorrhagic Stroke Patient with Physical Mobility Impairment Through the Application of Effleurage Massage in Teratai 2 Ward, RT Notopuro Regional Hospital, Sidoarjo

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Background: Non-hemorrhagic stroke is a neurological disorder caused by impaired cerebral blood flow, resulting in physical mobility impairment, muscle weakness, activity limitations, and decreased quality of life. Effleurage massage is a complementary therapy that may improve physical mobility by promoting relaxation, enhancing blood circulation, and reducing muscle stiffness. Objective: To analyze nursing care for a patient with non-hemorrhagic stroke and physical mobility impairment through the application of effleurage massage in Teratai 2 Ward, RT Notopuro Regional Hospital, Sidoarjo. Methods: This study employed a case study design using the nursing process approach, including assessment, nursing diagnosis, planning, implementation, and evaluation. The subject was a patient diagnosed with non-hemorrhagic stroke and physical mobility impairment. Effleurage massage was administered once daily for three consecutive days, with a duration of 10–15 minutes on the affected extremities. Results: Following three days of nursing care and effleurage massage intervention, the patient demonstrated reduced muscle stiffness and tension, increased relaxation and comfort, and improved confidence in performing mobility activities. The intervention also contributed positively to the patient's physical and psychological quality of life. Conclusion: The application of effleurage massage as a complementary nursing intervention in patients with non-hemorrhagic stroke and physical mobility impairment can help improve muscle relaxation, reduce stiffness, and support enhanced mobility and quality of life.

Keywords: non-hemorrhagic stroke, physical mobility impairment, effleurage massage, nursing care, quality of life.