

ABSTRAK

Analisis Asuhan Keperawatan Penurunan Kapasitas Adaptif Intrakranial Pada Pasien Penurunan Kesadaran Dengan Penerapan Mobilisasi Progresif I Terhadap Tekanan Darah Dan Saturasi Oksigen Di ICU

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Penurunan kesadaran merupakan kondisi medis yang kompleks dan memerlukan pemantauan ketat guna memahami penyebab di balik kondisi tersebut, mengenali perubahan pada kondisi kesehatannya, serta memberikan intervensi yang tepat. Tujuan dari studi kasus ini adalah melakukan analisis asuhan keperawatan penurunan kapasitas adaptif intrakranial pada pasien penurunan kesadaran dengan penerapan mobilisasi progresif I terhadap tekanan darah dan saturasi oksigen di ICU. Intervensi mobilisasi progresif I mencakup *Head of Bed (HoB)*, *Range of Motion pasif (ROM)*, dan *Continuous Lateral Rotation Therapy (CLRT)* diberikan selama 3 hari, dua kali sehari dengan durasi 10 – 20 menit. Hasil studi kasus menunjukkan bahwa didapatkan kesadaran dengan nilai FOUR-Score 6 (stupor), diagnosa keperawatan penurunan kapasitas adaptif intrakranial. Hasil dari evaluasi keperawatan setelah 3x24jam didapatkan bahwa masalah keperawatan penurunan kapasitas adaptif intrakranial teratasi sebagian, diantaranya: tekanan darah membaik dari 180/91 mmHg menjadi 158/75 mmHg dan saturasi Oksigen meningkat 100%. Pada pasien lansia penerapan intervensi ini membuat status hemodinamik tidak langsung menurun di awal tindakan dan cenderung menunjukkan respons kompensasi yang lambat. Penerapan protokol Mobilisasi Progresif Level I merupakan satu dari intervensi mandiri yang dilakukan oleh perawat, dengan kondisi penurunan kesadaran terbukti mampu memberikan dampak positif, seperti perbaikan tekanan darah secara bertahap dan stabilitas saturasi oksigen (SpO₂). Gravitasi dari posisi elevasi kepala dan tindakan rotasi miring kanan-kiri mengoptimalkan ekspansi paru sehingga meningkatkan saturasi oksigen. Stimulasi ROM pasif melancarkan aliran balik vena (venous return), menurunkan resistensi pembuluh darah, dan menormalkan tekanan darah.

Kata Kunci : Mobilisasi Progresif I, Hemodinamik, Penurunan Kesadaran, ICU

ABSTRACT

Nursing Care Analysis of Decreased Intracranial Adaptive Capacity in Patients with Reduced Consciousness with the Application of Progressive Mobilization I on Blood Pressure and Oxygen Saturation in the ICU

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Decreased consciousness is a complex medical condition that requires close monitoring to understand the underlying causes, recognize changes in the patient's health, and provide appropriate interventions. The aim of this case study is to analyze nursing care for decreased intracranial adaptive capacity in patients with reduced consciousness by applying Progressive Mobilization I on blood pressure and oxygen saturation in the ICU. Progressive Mobilization I interventions include Head of Bed (HoB) positioning, passive Range of Motion (ROM), and Continuous Lateral Rotation Therapy (CLRT), carried out for 3 days, twice a day, for 10 – 20 minutes each session. The case study results showed that consciousness was achieved with a FOUR-Score of 6 (stupor), along with a nursing diagnosis of decreased intracranial adaptive capacity. The results of the nursing evaluation after 3x24 hours showed that the nursing problem of decreased intracranial adaptive capacity was partially resolved, including: blood pressure improved from 180/91 mmHg to 158/75 mmHg and oxygen saturation increased to 100%. In elderly patients, applying this intervention doesn't immediately lower hemodynamic status at the beginning and tends to show a slow compensatory response. Implementing the Progressive Mobilization I protocol is one of the independent interventions carried out by nurses, and in patients with decreased consciousness, it has been shown to have positive effects, such as gradual blood pressure improvement and stable oxygen saturation (SpO₂). The tilt of the head elevation position and side-to-side rotation help optimize lung expansion, thus increasing oxygen saturation. Passive ROM stimulation improves venous return, reduces vascular resistance, and normalizes blood pressure.

Keywords: Progressive Mobilization I, Hemodynamics, Impaired Consciousness, ICU