

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Pada Pasien Stroke Non Hemoragik Dengan Masalah Keperawatan Konstipasi Diberikan Intervensi *Massage Abdomen*
Pembimbing : Moch. Achwandi, S. Kep., Ns., M.Kep.

Stroke non hemoragik merupakan penyebab utama kecacatan yang sering disertai komplikasi konstipasi akibat imobilisasi, gangguan neurologis, perubahan pola makan, dan penggunaan obat. Konstipasi dapat menghambat rehabilitasi serta menurunkan kenyamanan pasien. Salah satu intervensi nonfarmakologis yang dapat diterapkan adalah *massage abdomen* untuk merangsang motilitas usus dan memperlancar eliminasi fekal. Penelitian ini menggunakan metode studi kasus dengan pendekatan proses keperawatan pada satu pasien stroke non hemoragik yang mengalami konstipasi di HCU Mawar Merah Putih RSUD R.T. Notopuro Sidoarjo. Pengumpulan data dilakukan melalui pengkajian, observasi, pemeriksaan fisik, dokumentasi medis, serta evaluasi menggunakan *Constipation Assessment Scale* (CAS). Intervensi *massage abdomen* diberikan selama 3 × 24 jam berdasarkan praktik berbasis bukti. Setelah intervensi, pasien belum dapat buang air besar secara spontan, namun menunjukkan perbaikan berupa penurunan skor CAS dari 10 menjadi 7, peningkatan bising usus dari 3 kali/menit menjadi 7 kali/menit, berkurangnya rasa kembung, serta meningkatnya kenyamanan abdomen. *Massage abdomen* memberikan stimulasi mekanis pada kolon sehingga meningkatkan aktivitas peristaltik usus, memperlancar pergerakan feses, dan mengurangi gejala konstipasi meskipun luaran eliminasi fekal belum tercapai secara optimal. Intervensi *massage abdomen* bermanfaat sebagai terapi komplementer dalam asuhan keperawatan pasien stroke non hemoragik dengan konstipasi. Penerapan secara konsisten, disertai pengaturan nutrisi, hidrasi, mobilisasi, dan kolaborasi multidisiplin, berpotensi meningkatkan keberhasilan penatalaksanaan konstipasi pada pasien stroke.

Kata Kunci: Konstipasi, *Massage Abdomen*, Stroke Non Hemoragik

ABSTRACT

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Study Program : Nurse Professional Program
Title : Nursing Care Analysis of a Patient with Non-Hemorrhagic Stroke
Experiencing Constipation Through Abdominal Massage
Intervention
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Non-hemorrhagic stroke is a leading cause of disability and is frequently accompanied by constipation resulting from immobility, neurological impairment, altered dietary patterns, and medication use. Constipation may hinder the rehabilitation process and reduce patient comfort. One non-pharmacological intervention that can be implemented is abdominal massage to stimulate intestinal motility and facilitate bowel elimination. This study employed a case study design using the nursing process approach involving a patient with non-hemorrhagic stroke who experienced constipation in the Red and White Mawar High Care Unit (HCU) at R.T. Notopuro Regional General Hospital, Sidoarjo. Data were collected through nursing assessment, observation, physical examination, medical record documentation, and evaluation using the *Constipation Assessment Scale* (CAS). The abdominal massage intervention was administered for 3×24 hours based on evidence-based nursing practice. Following the intervention, the patient had not yet achieved spontaneous bowel movement; however, clinical improvements were observed, including a reduction in the CAS score from 10 to 7, an increase in bowel sounds from 3 to 7 times per minute, decreased abdominal bloating, and improved abdominal comfort. Abdominal massage provides mechanical stimulation to the colon, thereby enhancing intestinal peristaltic activity, promoting fecal transit, and alleviating symptoms of constipation, although optimal bowel elimination had not yet been achieved. Abdominal massage is beneficial as a complementary therapy in the nursing care of patients with non-hemorrhagic stroke experiencing constipation. Consistent implementation, combined with appropriate nutritional management, adequate hydration, mobilization, and multidisciplinary collaboration, has the potential to improve the effectiveness of constipation management in patients with stroke.

Keywords: *Abdominal Massage, Constipation, Non-Hemorrhagic Stroke*