

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA PASIEN STROKE HEMORAGIK DENGAN PENURUNAN KAPASITAS ADAPTIF INTRAKRANIAL MENGGUNAKAN INTERVENSI FAMILIAR AUDITORY SENSORY TRAINING (FAST) TERHADAP TINGKAT KESADARAN

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Stroke hemoragik merupakan kondisi kegawatdaruratan neurologis yang sering menyebabkan penurunan tingkat kesadaran akibat perdarahan serebral dan peningkatan tekanan intrakranial. Penurunan kesadaran memerlukan intervensi keperawatan yang tepat, salah satunya Familiar Auditory Sensory Training (FAST), yaitu stimulasi auditorik menggunakan suara yang familiar untuk mengaktifasi Reticular Activating System (RAS). Penelitian ini bertujuan untuk Menganalisis Asuhan Keperawatan Pada Pasien Stroke Hemoragik Dengan Penurunan Kapasitas Adaptif Intrakranial Menggunakan Intervensi Familiar Auditory Sensory Training (FAST) Terhadap Tingkat Kesadaran. Penelitian ini menggunakan desain studi kasus dengan pendekatan proses keperawatan pada satu pasien stroke hemoragik yang mengalami penurunan kapasitas adaptif intrakranial di Ruang HCU Melati RSUD Bangil Pasuruan. Intervensi FAST diberikan selama 3×24 jam bersamaan dengan terapi medis dan keperawatan standar. Tingkat kesadaran dievaluasi menggunakan Full Outline of UnResponsiveness (FOUR) Score. Setelah pemberian FAST selama tiga hari, terjadi peningkatan tingkat kesadaran yang ditunjukkan oleh peningkatan skor FOUR, perbaikan respons mata, respons motorik, refleks batang otak, dan pola pernapasan. Pasien juga menunjukkan peningkatan respons terhadap stimulus verbal serta kondisi neurologis yang lebih stabil. Peningkatan tingkat kesadaran diduga terjadi karena stimulasi auditorik yang familiar mampu mengaktifasi RAS sehingga meningkatkan aktivitas korteks serebri dan respons neurologis. Hasil ini sejalan dengan berbagai penelitian yang menunjukkan efektivitas FAST sebagai intervensi nonfarmakologis pada pasien stroke dengan penurunan kesadaran. Penerapan FAST sebagai bagian dari asuhan keperawatan berpotensi meningkatkan tingkat kesadaran dan mendukung pemulihan neurologis pasien stroke hemoragik.

Kata kunci: Familiar Auditory Sensory Training (FAST) , stroke hemoragik, tingkat kesadaran, FOUR Score.

ABSTRACT

ANALYSIS OF NURSING CARE IN A HEMORRHAGIC STROKE PATIENT WITH DECREASED INTRACRANIAL ADAPTIVE CAPACITY USING FAMILIAR AUDITORY SENSORY TRAINING (FAST) TO IMPROVE LEVEL OF CONSCIOUSNESS

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Hemorrhagic stroke is a neurological emergency that frequently results in decreased level of consciousness due to intracerebral hemorrhage and increased intracranial pressure. Impaired consciousness requires appropriate nursing interventions, one of which is Familiar Auditory Sensory Training (FAST), an auditory stimulation technique using familiar voices to activate the Reticular Activating System (RAS). This study aimed to analyze nursing care in a patient with hemorrhagic stroke and decreased intracranial adaptive capacity using the FAST intervention to improve the level of consciousness. A case study design with a nursing process approach was employed involving a patient with hemorrhagic stroke who experienced decreased intracranial adaptive capacity in the Melati High Care Unit (HCU) of Bangil Regional General Hospital, Pasuruan. The FAST intervention was administered for three consecutive days (3×24 hours) alongside standard medical and nursing care. The patient's level of consciousness was evaluated using the Full Outline of UnResponsiveness (FOUR) Score. Following three days of FAST implementation, the patient demonstrated an improvement in the level of consciousness, as indicated by increased FOUR Score, enhanced eye and motor responses, improved brainstem reflexes, and a more stable respiratory pattern. The patient also exhibited better responsiveness to verbal stimuli and greater neurological stability. These improvements are presumed to be associated with familiar auditory stimulation, which activates the Reticular Activating System (RAS), thereby enhancing cerebral cortical activity and neurological responsiveness. These findings are consistent with previous studies reporting the effectiveness of FAST as a non-pharmacological intervention for patients with stroke and impaired consciousness. The implementation of FAST as part of comprehensive nursing care has the potential to improve the level of consciousness and support neurological recovery in patients with hemorrhagic stroke.

Keywords: Familiar Auditory Sensory Training, hemorrhagic stroke, level of consciousness, FOUR Score.