

ABSTRAK

Analisis Asuhan Keperawatan Pada Pasien Cva Infark Dengan Gangguan Mobilitas Fisik Melalui Terapi ROM(Range Of Motion) DiRuang Edelweis Rsud Ibnu Sina Gresik

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Cerebro Vascular Accident (CVA) infark merupakan gangguan aliran darah ke otak akibat sumbatan pembuluh darah yang menyebabkan kerusakan jaringan otak dan menimbulkan berbagai gangguan neurologis, salah satunya gangguan mobilitas fisik. Kondisi ini ditandai dengan kelemahan otot, penurunan rentang gerak, serta keterbatasan dalam melakukan aktivitas sehari-hari sehingga memerlukan intervensi keperawatan yang tepat. Salah satu tindakan nonfarmakologis yang dapat diberikan adalah terapi *Range of Motion* (ROM) untuk mempertahankan fleksibilitas sendi, meningkatkan kekuatan otot, dan mencegah komplikasi akibat imobilisasi. Penelitian ini bertujuan untuk menggambarkan pelaksanaan asuhan keperawatan pada pasien CVA infark dengan gangguan mobilitas fisik melalui terapi ROM di Ruang Edelweis RSUD Ibnu Sina Gresik. Metode penelitian yang digunakan adalah deskriptif dengan pendekatan studi kasus pada satu pasien melalui proses keperawatan yang meliputi pengkajian, penetapan diagnosis keperawatan, perencanaan, implementasi, dan evaluasi selama tiga hari. Hasil penelitian menunjukkan bahwa setelah dilakukan terapi ROM secara rutin sesuai kondisi pasien, terjadi peningkatan kekuatan otot dan rentang gerak ekstremitas, pasien mampu melakukan mobilisasi dengan bantuan minimal, serta tidak ditemukan komplikasi akibat imobilisasi seperti kekakuan sendi atau kontraktur. Terapi ROM juga membantu meningkatkan kemampuan fungsional pasien dalam memenuhi aktivitas sehari-hari. Kesimpulannya, penerapan terapi ROM sebagai bagian dari asuhan keperawatan efektif dalam meningkatkan mobilitas fisik pada pasien CVA infark. Disarankan agar terapi ROM diterapkan secara rutin sesuai standar operasional prosedur serta melibatkan keluarga dalam proses latihan untuk mendukung keberhasilan rehabilitasi dan meningkatkan kualitas hidup pasien.

Kata kunci: CVA infark, gangguan mobilitas fisik, terapi Range of Motion (ROM), asuhan keperawatan.

ABSTRACT

Analysis of Nursing Care for CVA Infarction Patients with Impaired Physical Mobility Through ROM (Range of Motion) Therapy in the Edelweiss Ward, Ibnu Sina Hospital, Gresik

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Cerebrovascular Accident (CVA) infarction is a disruption in blood flow to the brain due to a blockage in a blood vessel, causing brain tissue damage and various neurological disorders, including impaired physical mobility. This condition is characterized by muscle weakness, decreased range of motion, and limitations in performing daily activities, requiring appropriate nursing intervention. One non-pharmacological intervention that can be provided is Range of Motion (ROM) therapy to maintain joint flexibility, increase muscle strength, and prevent complications from immobilization. This study aims to describe the implementation of nursing care for CVA infarction patients with impaired physical mobility through ROM therapy in the Edelweiss Ward, Ibnu Sina Hospital, Gresik. The research method used was descriptive, with a case study approach for one patient, through the nursing process, which included assessment, establishing a nursing diagnosis, planning, implementation, and evaluation over three days. The results of this study indicate that after routine ROM therapy, appropriate to the patient's condition, there was an increase in muscle strength and range of motion in the extremities. Patients were able to mobilize with minimal assistance, and no complications from immobilization, such as joint stiffness or contractures, were observed. ROM therapy also helped improve patients' functional abilities in carrying out daily activities. In conclusion, implementing ROM therapy as part of nursing care is effective in improving physical mobility in patients with CVA infarction. It is recommended that ROM therapy be implemented routinely according to standard operating procedures and that family involvement in the training process supports successful rehabilitation and improves patients' quality of life.

Keywords: CVA infarction, impaired physical mobility, Range of Motion (ROM) therapy, nursing care.