

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan pada Pasien Stroke Infark dengan Masalah Penurunan Kapasitas Adaptif Intrakranial melalui Penerapan Intervensi Posisi *Head Up 30°*
Pembimbing : Chaterina Janes. Pratiwi., M.Kep., Sp.Kep.MB

Stroke infark merupakan kondisi akibat terhambatnya aliran darah ke otak yang dapat menyebabkan edema serebral dan peningkatan tekanan intrakranial sehingga menimbulkan masalah Penurunan Kapasitas Adaptif Intrakranial. Posisi Head Up 30° merupakan intervensi non-farmakologis yang dapat membantu aliran balik vena serebral dan mendukung kestabilan neurologis pasien. Karya Ilmiah Akhir Ners ini bertujuan menganalisis asuhan keperawatan pada pasien stroke infark dengan Penurunan Kapasitas Adaptif Intrakranial melalui penerapan posisi Head Up 30°. Desain kasus deskriptif pada satu pasien stroke infark yang dirawat di Ruang Kana IHC RS Gatoel Mojokerto. Asuhan keperawatan dilakukan selama 3×24 jam melalui tahap pengkajian, diagnosis, intervensi, implementasi, dan evaluasi dengan penerapan posisi Head Up 30° dan kepala serta leher dalam posisi netral. Hasil menunjukkan peningkatan kesadaran dari GCS E3V4M5 menjadi E4V5M6, penurunan tekanan darah dari 190/110 mmHg menjadi 150/90 mmHg dan MAP dari 137 mmHg menjadi 110 mmHg. Pusing dan nyeri kepala berkurang tanpa tanda perburukan neurologis, meskipun kelemahan ekstremitas kiri masih ditemukan. Masalah Penurunan Kapasitas Adaptif Intrakranial teratasi sebagian.

Kata kunci: Stroke Infark, Penurunan Kapasitas Adaptif Intrakranial, Head Up 30°

ABSTRACT

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Title : Analysis of Nursing Care for Patients with Infarct Stroke with
Decreased Intracranial Adaptive Capacity through the
Application of the 30° Head Up Position Intervention
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Infarct stroke is a condition caused by impaired blood flow to the brain that can lead to cerebral edema and increased intracranial pressure, resulting in the nursing problem of Decreased Intracranial Adaptive Capacity. The 30° Head Up position is a non-pharmacological intervention that can facilitate cerebral venous return and support neurological stability. This Final Nursing Professional Scientific Work aimed to analyze nursing care for a patient with infarct stroke and Decreased Intracranial Adaptive Capacity through the application of the 30° Head Up position. A descriptive case study was conducted on one patient with infarct stroke treated in Kana Ward, IHC Gatoel Hospital, Mojokerto. Nursing care was provided for 3×24 hours through assessment, diagnosis, intervention, implementation, and evaluation, with the 30° Head Up position maintained with the head and neck in a neutral position. The results showed improved consciousness from GCS E3V4M5 to E4V5M6, decreased blood pressure from 190/110 mmHg to 150/90 mmHg, and decreased MAP from 137 mmHg to 110 mmHg. Dizziness and headache decreased without signs of neurological deterioration, although left extremity weakness remained. The nursing problem of Decreased Intracranial Adaptive Capacity was partially resolved.

Keywords: Infarct Stroke, Decreased Intracranial Adaptive Capacity, 30° Head Up Position