

Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada ibu SM 72 tahun dengan masalah risiko jatuh di Wisma Asoka Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung = Clinical practice analysis of urban problem health nursing in Mrs SM with risk for falls at Wisma Asoka Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung

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## Abstrak

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Kejadian jatuh sering dialami oleh lansia dan dapat memberikan konsekuensi negatif dari segi psikologis maupun cidera fisik hingga konsekuensi terburuk yaitu kematian. Karya Ilmiah Akhir Ners ini bertujuan untuk mengetahui gambaran analisis intervensi asuhan keperawatan yang diberikan pada Ibu SM (72 tahun) dengan masalah risiko jatuh di Wisma Asoka Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung. Beberapa penelitian menunjukkan bahwa resistance exercise efektif untuk meningkatkan kekuatan otot guna mengurangi risiko jatuh. Latihan ini dilakukan selama sekitar 30-60 menit, 2 hingga 3 kali dalam seminggu. Latihan resistance exercise pada klien dilakukan selama 5 minggu meningkatkan kekuatan otot kaki kiri dari 3335 menjadi 4445. Latihan ini akan lebih efektif jika dilakukan minimal selama 12 minggu. Intervensi ini dapat dikombinasikan dengan intervensi lain seperti evaluasi risiko jatuh berkesinambungan dengan Morse Fall Scale dan modifikasi lingkungan untuk mengurangi risiko jatuh pada lansia.

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**ABSTRACT**

Incidence of falls experienced by the elderly can provide negative consequences such as psychological traumatic, physical injury, and the worst consequence is death. This paper had purposed to describe an analysis of nursing intervention that given to Mrs. SM (72 years old) with fall risk problem in Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung. Several studies have shown that resistance exercise is effective for improving muscle strength to reduce the risk of falls. This exercise is carried out for about 30-60 minutes, 2 to 3 times a week. Exercise resistance exercise performed on the client for 5 weeks improves muscle strength of the left leg from 3335 into 4445. Exercises will be more effective if carried out for a minimum of 12 weeks. These interventions can be combined with other interventions such as continuous evaluation of fall risk with Morse Fall Scale and environmental modifications to reduce the risk of falls in the elderly.; Incidence of falls experienced by the elderly can provide negative consequences such as psychological traumatic, physical injury, and the worst consequence is death. This paper had purposed to describe an analysis of nursing intervention

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