

# Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada Kakek E (63th) dengan masalah osteoporosis di Wisma Cattleya PSTW Budi Mulia 01 Cipayung = Analysis of public health nursing practice clinic urban on Grandpa E (63th) with osteoporosis problems in Wisma Budi Mulia Cattleya PSTW 01 Cipayung

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## Abstrak

[<b>ABSTRAK</b><br>

Osteoporosis adalah kondisi berkurangnya massa tulang dan gangguan struktur tulang (perubahan mikroarsitektur jaringan tulang) sehingga menyebabkan tulang menjadi mudah patah. Perilaku yang tidak sehat masyarakat perkotaan di Indonesia sangat mempengaruhi kasus osteoporosis. Karya Ilmiah Akhir Ners ini bertujuan untuk menganalisis intervensi pengontrolan kekuatan tulang yang disebabkan oleh osteoporosis untuk mencegah perburukan pada pasien yang mengalami osteoporosis. Hasil analisis yang didapatkan menunjukkan bahwa intervensi pengontrolan terhadap pencegahan kekuatan otot tulang dapat menurunkan resiko komplikasi yang terjadi. Pengontrolan dapat dilakukan dengan memberikan ROM pada otot yang tidak mengalami nyeri untuk mencegah perburukan. Hasil tindakan keperawatan dengan ROM menunjukkan bahwa kekuatan otot dapat meningkat setelah dilakukan tindakan selama tujuh minggu.

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<b>ABSTRACT</b><br>

Osteoporosis is a condition of reduced bone mass and impaired bone structure (microarchitecture changes in bone tissue), causing bones to become brittle. Unhealthy behaviors in Indonesian urban society greatly affect the case of osteoporosis. Final Scientific nurses remedy aims to analyze the intervention controlling bone strength caused by osteoporosis to prevent deterioration in patients with osteoporosis. The results obtained show that the analysis pengontrolan intervention to prevention of bone in muscle strength can reduce the risk of complications. Control can be done by giving the ROM on the muscles do not experience pain in order to prevent deterioration. The results of nursing actions with ROM showed that muscle strength can be increased after the action for seven weeks.;ABSTRACT Name Dewi PurnamasariMajor Nursing ScienceTattle Analysis of Public Health Nursing Practice Klinik Urban on Grandpa E 63th with Osteoporosis Problems in Wisma Budi Mulia Cattleya PSTW 01 Cipayung Osteoporosis is a condition of reduced bone mass and impaired bone structure microarchitecture changes in bone tissue causing bones to become brittle Unhealthy behaviors in Indonesian urban society greatly affect the case of osteoporosis Final Scientific nurses remedy aims to analyze the intervention controlling bone strength caused by osteoporosis to prevent deterioration in patients with osteoporosis The results obtained show that the analysis pengontrolan intervention to prevention of bone in muscle strength can reduce the risk of complications Control can be done by giving the ROM on the muscles do not experience pain in order to prevent deterioration The results of nursing actions with ROM showed that muscle strength can be increased after the action for seven weeks  
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