

Pengaruh intervensi keperawatan komunitas "nafas dalam", range of motion, dan stretching (nada roms) terhadap peningkatan kemampuan rehabilitasi pada kelompok lansia paska stroke di kelurahan Curug, kecamatan Cimanggis depok = The influence of "deep breathing", range of motion, and stretching as the community health nursing intervention on the increase in rehabilitation capacity of post stroke elderlies in Curug subdistrict Cimanggis, Depok

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Abstrak

Nafas Dalam, Rentang Gerak Sendi, dan Peregangan merupakan bentuk intervensi keperawatan komunitas untuk meningkatkan kemampuan rehabilitasi pada lansia paska stroke. Penulisan bertujuan memberikan gambaran pelaksanaan bentuk intervensi dalam pelayanan dan asuhan keperawatan komunitas melalui integrasi CAP, FCN, konsekuensi fungsional, dan manajemen pada lansia dengan paska stroke di Kelurahan Curug. Hasil terjadi peningkatan skor perilaku anggota kelompok pendukung yaitu pengetahuan 14,6%, sikap 10,6%, dan tindakan 8,75%. Peningkatan perilaku kelompok lansia paska stroke yang meliputi pengetahuan 16,67%, sikap 5,2%, dan tindakan 8,1%. Terjadi peningkatan skor kekuatan otot lengan sebesar 0,87% dan otot kaki 0,7%. Terjadi penurunan skor kecemasan sebesar 6,4%. Terjadi peningkatan perilaku keluarga meliputi pengetahuan 16,7%, sikap 13,5%, dan tindakan 18,36%. Terjadi peningkatan tingkat kemandirian keluarga sebesar 100%. Kesimpulan dari penulisan ini yaitu terdapat pengaruh pelaksanaan intervensi "Nafas Dalam, Range Of Motion dan Stretching (Nada ROMS) terhadap peningkatan kemampuan rehabilitasi pada kelompok lansia paska stroke. Diharapkan keluarga dapat memberikan dan mendampingi lansia dalam melakukan latihan NADA ROMS di rumah.

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Deep Breathing, Range of motion, and Stretching are the forms of community nursing interventions that can be conducted by families and communities to improve post-stroke rehabilitation in the elderly. This report aimed to provide an overview of the implementation of nursing intervention and services project through the integration of the CAP, FCN, functional consequences, and management in older adults with post-stroke in Curug sub district, Depok. The result showed that the score of support groups behaviour increased by 14.6%, 10.6% and 8.75% (knowledge, attitude, and skill respectively). The result showed that the score of knowledge level, attitude, and action of elderly with post stroke in Curug increased by 16.67%, 5,2% and 8.1% respectively. There was an increase in arm muscle and leg muscles strength score by 0.87% and 0.7%. The anxiety scores decreased by 6.4%. The family behavior included knowledge 16.7%, 13.5% attitude and skill by 18.36%. There was an increase in the level of family independence of 100%. The study concludes that there are significant implementation of the intervention "Deep breathing, Range Of Motion and Stretching (NADA ROMS) to increase the rehabilitation capacity of post-stroke elderlies. Caregiver or family member should assist elderly with post stroke to do NADA ROMS exercises.