

Efektifitas pemberian posisi bahu selama 30 menit dan 45 menit terhadap rentang gerak bahu pada pasien stroke akut = The effectiveness of thirty minutes and forty five minutes shoulder positioning to rom of the shoulders acute stroke patients / Elis Nurhayati Agustina

Elis Nurhayati Agustina, author

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Abstrak

ABSTRAK

Pasien stroke akut sering mengalami hemiparese dan hemiplegi khususnya pada ekstremitas atas. Menimbulkan kelemahan motorik dan penurunan rentang gerak bahu, yang beresiko menyebabkan nyeri bahu dan kontraktur. Pencegahan dapat dilakukan dengan pemberian posisi yang tepat. Tujuan penelitian adalah untuk mengetahui efektifitas pemberian posisi bahu selama 30 menit dan 45 menit terhadap rentang gerak bahu. Penelitian ini merupakan penelitian quasi eksperimen yang melibatkan 32 responden. Hasil penelitian menunjukkan tidak ada perbedaan rerata rentang gerak bahu pada pemberian posisi 30 menit dan 45 menit $p=0,334$. Peningkatan lama pemberian posisi pada bahu selama 45 menit, dapat mempertahankan rentang gerak bahu.

ABSTRACT

Acute stroke patients frequently experienced hemiparese and hemiplegi especially in the upper limbs, that cause motor weakness and decreases in ROM of the shoulders, risk of shoulders pain and contractures. Prevention can be performed by assigning the right position. The research objective was to determine the effectiveness of the position of the shoulders for 30 minutes and 45 minutes to the ROM of the shoulders. This research is a quasi experiment with pre post test design involving 32 respondents. The results showed that there were no differences between the mean ROM of the shoulders in the delivery position 30 minutes and 45 minutes $p 0.334$. This study suggested that increased in the duration of the position of the shoulders for 45 minutes, can to maintain the ROM of the shoulders.