

# Asuhan keperawatan risiko jatuh melalui intervensi floor-seated exercise program pada lanjut usia di Panti Sosial Tresna Werdha Jakarta Timur = Nursing care with fall risk through intervention floor-seated exercise program for elderly people at the Panti Sosial Tresna Werdha, East Jakarta

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## Abstrak

Penurunan fungsi fisiologis akibat penuaan pada lansia berdampak pada risiko jatuh. Berdasarkan hasil observasi selama praktik tujuh minggu, kejadian jatuh yang sering ditemukan di panti sebanyak sebelas kejadian jatuh, dan lima diantaranya mengalami jatuh berulang. Selain itu dari sebelas kejadian jatuh tersebut, satu diantaranya harus dirujuk ke rumah sakit karena mengalami penurunan kesadaran. Risiko jatuh merupakan peningkatan potensial jatuh, sehingga menyebabkan cedera fisik dan dapat diatasi dengan latihan kekuatan otot berupa intervensi floor-seated exercise program. Asuhan keperawatan untuk mengurangi risiko jatuh dengan floor-seated exercise program dilakukan selama 5 minggu dalam frekuensi 4 kali seminggu pada 3 klien kelolaan. Hasil menunjukkan terjadi peningkatan fungsional kekuatan otot menggunakan manual muscle test pada kedua ekstremitas pada klien keloan utama yaitu semula 4444 4444 menjadi 5554 5544. Pihak panti diharapkan dapat memberikan dapat memberikan perhatian lebih pada masalah kesehatan lansia dengan memberikan sarana prasarana maupun peningkatan motivasi dalam aktivitas fisik yang dapat menurunkan kejadian jatuh pada lansia. Intervensi berupa floor-seated exercise program juga dapat dilakukan oleh perawat maupun mahasiswa praktikan dalam mengatasi lansia dengan masalah keperawatan risiko jatuh secara optimal.

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Decreasing physiological function due to aging in the elderly has an impact on the fall risk. Based on the results of observations during the seven-week practice, the fall events that are often found in the orphanage were eleven falls, and five of them experienced repeated falls. In addition, of the eleven falls, one of them had to be referred to the hospital because of a decrease in consciousness. The fall risk is an increase in the potential for falls, causing physical injury and can be overcome by muscle strength training in the form of floor-seated exercise program interventions. Nursing care to reduce the fall risk with a floor-seated exercise program is carried out for 5 weeks in a frequency of 4 times a week in 3 managed clients. The results showed that there was an increase in functional muscle strength using the manual muscle test on both extremes on the main client client, namely 4444 4444 to 5554 5544. PSTW is expected to be able to give more attention to elderly health problems by providing infrastructure and increasing motivation in physical activities that could reduce fall in the elderly. Interventions in the form of floor-seated exercise programs can also be carried out by nurses and nursing students to elderly with fall risk nursing problems optimally.