

# Asuhan Keperawatan Lansia dengan Masalah Gangguan Mobilitas di Tempat Tidur Melalui Penerapan Latihan Rentang Pergerakan Sendi = Elderly Nursing Care with Mobility Impaired in Bed through the Application of Range of Motion Exercises

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## Abstrak

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Penurunan kemampuan motorik akibat stroke menyebabkan keterbatasan gerak bagi individu sehingga mobilitas fisiknya terganggu. Stimulasi gerak diperlukan untuk mengatasi keterbatasan gerak yang timbul akibat pasca stroke. Lansia D pasca stroke diobati dengan kondisi hemiparese dan dilakukan berbagai latihan gerak (RPS). Studi kasus ini bertujuan untuk mengetahui asuhan keperawatan pada pasien pasca stroke dengan menerapkan berbagai latihan gerak untuk mengatasi masalah tersebut gangguan mobilitas di tempat tidur. Intervensi pelatihan berbagai gerakan dilakukan 2 kali sehari selama 3 hari pengobatan dengan durasi kurang lebih 15 menit. Hasil intervensi tidak menunjukkan penurunan kekuatan otot dan peningkatan kemampuan gerakan sendi. Ini menunjukkan bahwa latihan rentang gerak bisa Direkomendasikan untuk menjadi intervensi dalam mengatasi masalah gangguan mobilitas di tempat tidur pada pasien pasca stroke.

### **ABSTRACT**

The decrease in motor skills due to stroke causes limited motion for individuals so that their physical mobility is impaired. Motion stimulation is needed to overcome the limitations of motion that arise from post-stroke. Elderly D after stroke was treated with hemiparese conditions and performed various motion exercises (RPS). This case study aims to determine nursing care in post-stroke patients by applying various motion exercises to overcome this problem impaired mobility in bed. Various movement training interventions were carried out 2 times a day for 3 days of treatment with a duration of approximately 15 minutes. The results of the intervention did not show a decrease in muscle strength and an increase in the ability to move joints. This suggests that range of motion exercises can be recommended as an intervention in addressing the problem of mobility problems in bed in post-stroke patients.