

## Asuhan Keperawatan Pencegahan Jatuh Dengan Latihan Keseimbangan Pada Lansia Dengan Risiko Jatuh = Fall Prevention Nursing Care With Balance Exercises In Elderly With Fall Risk

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### Abstrak

Penuaan mempengaruhi perubahan tubuh termasuk sistem muskuloskeletal. Penurunan yang terjadi dikarenakan berkurangnya massa otot, kekakuan jaringan penghubung, dan penurunan kepadatan tulang mengakibatkan kelambanan bergerak, gangguan keseimbangan, dan koordinasi gerak sehingga mudah jatuh. Jatuh berdampak secara fisik maupun psikis lansia. Sebagai intervensi risiko jatuh, latihan keseimbangan dapat dijadikan referensi latihan bagi lansia. Latihan keseimbangan meningkatkan kekuatan otot dan keseimbangan untuk mencegah tubuh jatuh. Latihan keseimbangan dilakukan setiap hari (11 pertemuan) dengan durasi 10 - 15 menit perhari. Sebelum latihan penulis melakukan skrining MMSE, dilanjutkan dengan instrument skrining jatuh (MFS, BBT, dan TUG). Saat latihan peneliti akan melakukan pengukuran tanda vital sebelum dan sesudah latihan, pengkajian TUG, dan melakukan gerakan latihan keseimbangan. Latihan keseimbangan yang dilakukan rutin signifikan terhadap keseimbangan postural terlihat dari adanya perubahan dalam stepping, gaya berjalan mulai membaik, postur tubuh saat berjalan mulai tegak, peningkatan nilai BBT dari skor 46 menjadi 50, dan penurunan waktu TUG dari 14 detik menjadi rata – rata waktu 12,5 detik selama intervensi. Pelaksanaan intervensi memerlukan seorang pendamping yang bertugas mengawasi dan menjaga lansia agar tidak jatuh, sekaligus menciptakan perasaan aman bagi lansia saat latihan. Sangat disayangkan intervensi ini sulit dilakukan secara berkelanjutan dikarenakan kekurangan sumber daya serta petugas sosial dan perawat panti memiliki tugas dan kewajiban lainnya yang perlu dilakukan sehingga untuk melakukan intervensi latihan keseimbangan akan sulit terlaksana. Untuk itu saya menyarankan bagi mahasiswa yang berpraktik di panti untuk melanjutkan intervensi ini sebagai intervensi pencegahan risiko jatuh pada lansia yang terdapat di panti.

.....Aging affects changes in the body including the musculoskeletal system. The decrease that occurs due to reduced muscle mass, stiffness of connective tissue, and decreased bone density results in sluggishness of movement, balance disorders, and coordination of motion so that it is easy to fall. Falls have a physical and psychological impact on the elderly. As a fall risk intervention, balance exercises can be used as an exercise reference for the elderly. Balance exercises improve muscle strength and balance to prevent the body from falling. Balance exercises are carried out every day (11 meetings) with a duration of 10-15 minutes per day. Before the exercise, the author conducted MMSE screening, followed by fall screening instruments (MFS, BBT, and TUG). During exercise, researchers will measure vital signs before and after exercise, assess TUG, and perform balance exercise movements. Balance exercises performed routinely are significant for postural balance as seen from changes in stepping, gait begins to improve, posture when walking begins to straighten, increases BBT scores from 46 to 50, and decreases TUG time from 14 seconds to an average time of 12. ,5 seconds during the intervention. Implementation of the intervention requires a companion who is in charge of supervising and keeping the elderly from falling, while creating a feeling of security for the elderly during exercise. It is unfortunate that this intervention is difficult to carry out in a sustainable manner due to lack of resources and social workers and nursing home nurses have other duties and obligations that

need to be carried out so that it will be difficult to carry out balance training interventions. For that I suggest for students who practice in nursing homes to continue this intervention as an intervention to prevent the risk of falling for the elderly who are in nursing homes