

ABSTRAK

ASUHAN KEPERAWATAN DENGAN MASALAH GANGGUAN MOBILITAS FISIK PADA PASIEN CEREBROVASCULAR ACCIDENT (CVA) INFARK DENGAN PENERAPAN LATIHAN ROM PASIF DI RSPAL dr. RAMELAN SURABAYA

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Cerebrovascular Accident (CVA) Infark menyebabkan kelemahan pada ekstremitas yang menyebabkan gangguan mobilitas fisik secara mandiri. Untuk mengurangi risiko terjadinya kecacatan permanen pada pasien dengan CVA infark, diperlukan pelaksanaan mobilisasi dini melalui latihan *range of motion* (ROM). Latihan ini berperan penting dalam menjaga sekaligus meningkatkan kelenturan serta kekuatan otot pasien. Adapun tujuan dari penelitian ini ialah untuk mengetahui Asuhan Keperawatan Gangguan Mobilitas Fisik Pada Pasien CVA Infark Dengan Penerapan Latihan ROM pasif Di RSPAL dr. Ramelan Surabaya.

Penelitian ini menggunakan metode *case study* dengan melalui proses asuhan keperawatan dilakukan melalui beberapa tahapan, yaitu pengkajian, penentuan diagnosa keperawatan, perencanaan intervensi, pelaksanaan tindakan, dan proses evaluasi. Penelitian ini menggunakan dua pasien CVA Infark yang menjalani perawatan di Ruang Pulau Nunukan RSPAL dr. Ramelan Surabaya pada bulan November 2024 sebagai subjek. Intervensi penerapan ROM pasif pada kedua pasien dilaksanakan selama 3 hari. Data proses keperawatan dikumpulkan melalui proses tanya jawab, evaluasi kondisi fisik, serta penilaian penunjang lainnya dengan memakai instrumen dokumentasi asuhan keperawatan dan alat pemeriksaan fisik, stetoskop, tensi, oximeter, geniometer, reflex hammer Analisa data secara deskriptif.

Evaluasi keperawatan setelah intervensi ROM pasif pada kedua pasien CVA Infark yang menghadapi keterbatasan dalam melakukan aktivitas fisik akibat kelemahan anggota tubuh dalam waktu tiga hari menunjukkan peningkatan rentan gerak sendi. Latihan ROM Pasif pada pasien pasca stroke perlu menjadi bagian penting bagi tenaga kesehatan khususnya perawat untuk perbaikan dan kemajuan fisik pasien.

Kata Kunci : *Cerebrovascular Accident, Range Of Motion, Gangguan Mobilitas Fisik.*

ABSTRACT

NURSING CARE WITH PHYSICAL MOBILITY DISORDERS INCEREBROVASCULAR ACCIDENT (CVA) INFARCTION PATIENTS WITH THE IMPLEMENTATION OF PASSIVE ROM EXERCISES AT RSPAL dr. RAMELAN SURABAYA

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Cerebrovascular Accident (CVA) infarction causes weakness in the extremities, resulting in impaired physical mobility and loss of independence. One effort to prevent permanent disability in patients with CVA infarction is early mobilization through *Range of Motion* (ROM) exercises, which can improve or maintain muscle flexibility and strength. The aim of this study was to explore the nursing management of impaired physical mobility in patients with CVA infarction through the implementation of passive ROM exercises at RSPAL Dr. Ramelan Surabaya.

This research employed a case study design utilizing a comprehensive nursing process approach, which encompassed assessment, formulation of nursing diagnoses, planning of interventions, implementation of care, and evaluation of outcomes. The subjects of this study were two patients with CVA infarction who were treated in the Pulau Nunukan Ward at RSPAL Dr. Ramelan Surabaya in November 2024. The intervention of passive ROM exercises for both patients was carried out for three days. Data for nursing care were obtained through interviews, physical assessments, and additional diagnostic tests, utilizing standardized nursing care documentation formats and physical examination tools such as stethoscope, sphygmomanometer, oximeter, goniometer, and reflex hammer. Data were analyzed descriptively.

The nursing evaluation after the passive ROM intervention in both CVA infarction patients with impaired physical mobility due to limb weakness for three days showed an increase in joint range of motion. Passive ROM exercises for post-stroke patients should be considered an essential part of nursing interventions to support physical improvement and recovery.

Keywords: Cerebrovascular Accident, Range of Motion, Impaired Physical Mobility