

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

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Uslimatul Hasanah

Analisis Evaluasi ROM Pasif Klien dengan Hemiparesis pada Kasus Stroke Hemoragik di Paviliun Teratai RSUD Dr. H Koesnadi Bondowoso

xvii + 58 halaman + 6 tabel + 5 gambar + 4 lampiran

Abstrak

Latar Belakang: Stroke hemoragik merupakan masalah kesehatan global yang sering menyebabkan hemiparesis dan keterbatasan *Range of Motion* (ROM), yang berisiko menyebabkan kontraktur serta penurunan kualitas hidup. Di Indonesia, prevalensi stroke terus meningkat, sehingga intervensi rehabilitasi seperti latihan ROM pasif sangat penting. Penelitian ini bertujuan menganalisis evaluasi ROM pasif pada pasien hemiparesis akibat stroke hemoragik di RSUD Dr. H. Koesnadi Bondowoso. Metode: Penelitian ini menggunakan desain studi kasus deskriptif dengan tiga subjek pasien yang mengalami hemiparesis yang dilakukan melalui wawancara (*auto-anamnesis* dan *allo-anamnesis*), observasi, pemeriksaan fisik, dan studi dokumentasi (rekam medis). Populasi : populasi penelitian ini yaitu 3 klien dengan kasus stroke hemoragik. Hasil: Hasil pengkajian menunjukkan kelemahan ekstremitas kiri dan gangguan mobilitas fisik pada ketiga pasien. Implementasi latihan ROM pasif dilakukan setiap hari selama tiga hari. Evaluasi menunjukkan bahwa latihan ini efektif dalam mempertahankan dan meningkatkan kekuatan otot serta fleksibilitas sendi, terutama pada pasien yang kooperatif dan stabil secara fisiologis. Kesimpulan: Keberhasilan terapi sangat bergantung pada kestabilan tanda-tanda vital, keparahan hemiparesis, frekuensi latihan, partisipasi klien, dan keterampilan perawat. Latihan ROM pasif aman dan efektif bila dilakukan dengan teknik tepat dan pemantauan ketat.

Kata kunci: Stroke, Stroke Hemoragik, Range of Motion, ROM
Daftar Pustaka (2019-2025)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
NER PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

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Analysis of Passive ROM Evaluation of Clients with Hemiparesis in Hemorrhagic Stroke Cases at the Lotus Pavilion of Dr. H Koesnadi Bondowoso Hospital

xvii + 58 pages + 6 tables + 5 images + 4 attachments

Abstract

Background: Hemorrhagic stroke is a global health issue that often leads to hemiparesis and limited Range of Motion (ROM), increasing the risk of contractures and reduced quality of life. In Indonesia, the prevalence of stroke continues to rise, making rehabilitation interventions such as passive ROM exercises increasingly important. This study aims to analyze the evaluation of passive ROM in patients with hemiparesis due to hemorrhagic stroke at Dr. H. Koesnadi Regional Hospital, Bondowoso. Method: This research uses a descriptive case study design involving three patients with hemiparesis. Data were collected through interviews (auto-anamnesis and allo-anamnesis), observation, physical examination, and documentation review (medical records). Population: The study population consisted of three clients diagnosed with hemorrhagic stroke. Results: Assessment findings indicated left-sided extremity weakness and impaired physical mobility in all three patients. Passive ROM exercises were implemented daily for three consecutive days. The evaluation showed that this intervention was effective in maintaining and improving muscle strength and joint flexibility, particularly in patients who were cooperative and physiologically stable. Conclusion: The success of the therapy strongly depends on vital sign stability, the severity of hemiparesis, exercise frequency, patient participation, and nurse competence. Passive ROM exercises are safe and effective when performed with proper technique and close physiological monitoring.

Keywords: Stroke, Hemorrhagic Stroke, Range of Motion, ROM
References: 2019–2025