

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Juli 2025

Devian Ayu Putriantari, S.Kep

(CVX+42 halaman)

Implementasi Latihan *Range of Motion* (ROM) terhadap Tingkat Fatigue pada Pasien *Chronic Kidney Disease* (CKD) di Ruang Bougenvile RSUD dr. H. Koesnadi Bondowoso

Abstrak

Pendahuluan: *Chronic Kidney Disease* (CKD) merupakan penyakit kronis dengan prevalensi tinggi yang ditandai oleh penurunan fungsi ginjal secara progresif. Salah satu gejala utama pada pasien CKD adalah fatigue atau kelelahan kronik, yang berdampak pada penurunan aktivitas fisik, kualitas hidup, dan partisipasi dalam perawatan diri. Intervensi non-farmakologis seperti latihan *Range of Motion* (ROM) dapat menjadi pilihan terapi yang aman, sederhana, dan efektif untuk mengatasi keletihan, namun pelaksanaannya belum menjadi bagian rutin dalam praktik keperawatan. **Tujuan:** Mengetahui efektivitas implementasi latihan ROM terhadap tingkat fatigue pada pasien CKD di Ruang Bougenvile RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini menggunakan desain studi kasus dengan subjek tiga pasien CKD stadium 3–5 yang mengalami fatigue sedang–berat berdasarkan skor Fatigue Severity Scale (FSS). Intervensi berupa latihan ROM pasif dan aktif-asistif dilakukan selama lima hari berturut-turut. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi keperawatan menggunakan pendekatan SDKI, SIKI, dan SLKI. **Hasil:** Seluruh pasien menunjukkan penurunan tingkat fatigue setelah dilakukan intervensi. Skor FSS menurun signifikan, pasien mampu meningkatkan aktivitas ringan, kualitas tidur membaik, serta menunjukkan peningkatan motivasi dan respons emosional yang positif. Tidak ditemukan efek samping selama pelaksanaan ROM. **Kesimpulan:** Implementasi latihan ROM terbukti efektif dalam menurunkan tingkat fatigue pada pasien CKD. Intervensi ini dapat diintegrasikan dalam praktik keperawatan sebagai bagian dari pendekatan holistik dan evidence-based practice dalam pelayanan pasien penyakit kronik.

Kata Kunci: Chronic Kidney Disease, Fatigue, Latihan ROM, Keperawatan, Studi Kasus

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
NURSING UNDERGRADUATE PROGRAM
FACULTY OF HEALTH SCIENCE

Final Scientific Work, July 2025
Devian Ayu Putriantari, S.Kep

(CVX+42 pages)

***Implementation of Range of Motion (ROM) Exercises on Fatigue Levels in
Chronic Kidney Disease (CKD) Patients in Bougenvile Ward at
Dr. H. Koesnadi Regional Hospital, Bondowoso***
Abstract

Background: Hypertension is one of the most prevalent non-communicable diseases **Background:** Chronic Kidney Disease (CKD) is a progressive and irreversible condition with increasing global prevalence. One of the most common and debilitating symptoms experienced by CKD patients is fatigue, which significantly reduces physical activity, quality of life, and engagement in self-care. Non-pharmacological interventions such as Range of Motion (ROM) exercises are simple, safe, and effective strategies for reducing fatigue but are not yet widely applied in routine nursing practice. **Objective:** To evaluate the effectiveness of ROM exercise implementation in reducing fatigue levels among CKD patients in Bougenvile Ward at Dr. H. Koesnadi Regional Hospital, Bondowoso. **Method:** This research employed a case study design involving three hospitalized CKD patients (stage 3–5) who experienced moderate to severe fatigue based on the Fatigue Severity Scale (FSS). The intervention consisted of passive and active-assistive ROM exercises administered twice daily for five consecutive days. Data collection included interviews, observations, physical assessments, and nursing documentation using the SDKI, SIKI, and SLKI frameworks. **Results:** All patients demonstrated a notable decrease in fatigue levels after the intervention. FSS scores significantly decreased, with improvements in light activity tolerance, sleep quality, emotional responses, and overall energy levels. No adverse events were observed during ROM implementation. **Conclusion:** ROM exercise is an effective, safe, and feasible nursing intervention to reduce fatigue in CKD patients. Its integration into daily nursing care can enhance holistic and evidence-based nursing practices, particularly in managing chronic disease symptoms and improving patient outcomes.

Keywords: Chronic Kidney Disease, Fatigue, Range of Motion Exercise, Nursing Intervention, Case Study