

ABSTRAK

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Implementasi mobilisasi dini pasif terhadap kekuatan otot tangan pada pasien stroke dengan paresis di RSUD Dr Soebandi Jember

Pendahuluan: Stroke hemoragik merupakan gangguan serebrovaskular yang dapat menyebabkan kerusakan jaringan otak dan menimbulkan gangguan fungsi motorik, salah satunya berupa gangguan mobilitas fisik akibat penurunan kekuatan otot. Kondisi ini sering dialami pasien stroke dan berpotensi menimbulkan komplikasi jika tidak ditangani secara tepat. Salah satu intervensi keperawatan yang dapat dilakukan untuk mengatasi masalah tersebut adalah mobilisasi dini pasif. Penelitian ini bertujuan untuk menganalisis penerapan mobilisasi dini pasif terhadap peningkatan kekuatan otot pada pasien stroke hemoragik di RSUD dr. Soebandi Jember. **Metode:** Metodologi penelitian menggunakan desain studi kasus dengan pendekatan deskriptif. Subjek penelitian terdiri dari tiga pasien dengan diagnosis medis stroke hemoragik (Intracerebral Hemorrhage/ICH) yang mengalami gangguan mobilitas fisik. Pengumpulan data dilakukan melalui wawancara, observasi terstruktur, pemeriksaan fisik, serta telaah dokumentasi rekam medis. Pengkajian kekuatan otot dilakukan secara bertahap sebelum dan sesudah pelaksanaan mobilisasi dini pasif. Analisis data dilakukan secara deskriptif kualitatif dengan tahapan editing, classifying, verifying, dan concluding. **Hasil dan pembahasan:** Hasil dan pembahasan menunjukkan bahwa ketiga pasien mengalami gangguan mobilitas fisik dengan penurunan kekuatan otot sebagai data mayor. Setelah dilakukan intervensi dukungan mobilisasi melalui mobilisasi dini pasif dan latihan rentang gerak, terjadi peningkatan kekuatan otot dan perbaikan kemampuan mobilitas pasien. Temuan ini sejalan dengan teori dan penelitian sebelumnya yang menyatakan bahwa mobilisasi dini pasif mampu merangsang neuromuskular, mencegah kekakuan sendi, dan mengurangi risiko komplikasi akibat imobilisasi. Dengan demikian, mobilisasi dini pasif dapat dijadikan sebagai intervensi keperawatan yang efektif dalam mendukung proses rehabilitasi pasien stroke hemoragik.

Kata Kunci : Mobilisasi Dini Pasif, Kekuatan Otot Tangan

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER NURSING STUDY PROGRAM FACULTY OF HEALTH SCIENCES

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Implementation of early passive mobilization on hand muscle strength in stroke patients with paresis at Dr. Soebandi Regional General Hospital, Jember

Introduction: Hemorrhagic stroke is a cerebrovascular disorder that can cause damage to brain tissue and lead to motor function impairment, one of which is physical mobility disorder due to decreased muscle strength. This condition is commonly experienced by stroke patients and may lead to complications if not managed properly. One nursing intervention that can be applied to address this problem is early passive mobilization. This study aimed to analyze the implementation of early passive mobilization in improving muscle strength among patients with hemorrhagic stroke at RSUD dr. Soebandi Jember. **Method:** The research methodology employed a descriptive case study design. The research subjects consisted of three patients diagnosed with hemorrhagic stroke (Intracerebral Hemorrhage/ICH) who experienced impaired physical mobility. Data collection was conducted through interviews, structured observations, physical examinations, and reviews of medical record documentation. Muscle strength assessment was carried out gradually before and after the implementation of early passive mobilization. Data analysis was performed using descriptive qualitative methods through the stages of editing, classifying, verifying, and concluding. **Research and discussion:** The results and discussion showed that all three patients experienced impaired physical mobility, with decreased muscle strength identified as the major data. After the implementation of mobility support through early passive mobilization and range of motion exercises, an improvement in muscle strength and patients' mobility abilities was observed. These findings are consistent with theories and previous studies stating that early passive mobilization can stimulate neuromuscular function, prevent joint stiffness, and reduce the risk of complications due to immobilization. Therefore, early passive mobilization can be considered an effective nursing intervention in supporting the rehabilitation process of patients with hemorrhagic stroke.

Keywords: *Early Passive Mobilization, Hand Muscle Strength.*