

ABSTRAK

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Penerapan Intervensi *Range Of Motion* (ROM) Pasif pada Pasien Stroke Non Hemoragik untuk Meningkatkan Pemenuhan Kebutuhan Mobilitas Fisik di Ruang Teratai RSUD dr. H. Koesnadi Bondowoso

Xiv + 64 Lembar + Daftar Pustaka 4 + 16 Tabel + 9 Lampiran

Abstrak

Latar Belakang: Stroke non hemoragik merupakan gangguan neurologis akibat sumbatan pembuluh darah otak yang menyebabkan penurunan suplai oksigen ke jaringan otak sehingga menimbulkan gangguan mobilitas fisik. Salah satu intervensi keperawatan untuk meningkatkan mobilitas fisik adalah latihan *Range of Motion* (ROM) pasif. **Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan deskriptif eksploratif. Subjek penelitian terdiri dari tiga pasien stroke non hemoragik yaitu Tn. M, Tn. A, dan Ny. K di Ruang Teratai RSUD dr. H. Koesnadi Bondowoso. Intervensi yang diberikan berupa latihan *Range Of Motion* (ROM) pasif dilakukan selama 3 × 24 jam dengan frekuensi 2 kali sehari, setiap 10 kali gerakan pada setiap sendi ekstremitas atas dan bawah. Pengumpulan data dilakukan melalui wawancara, observasi, dan dokumentasi sedangkan kekuatan otot dinilai menggunakan Manual *Muscle Testing* (MMT) sebelum dan sesudah intervensi. Data dianalisis secara deskriptif berdasarkan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. **Hasil:** Berdasarkan hasil penerapan intervensi *Range of Motion* (ROM) pasif selama 3 hari, ketiga pasien stroke non hemoragik menunjukkan peningkatan mobilitas fisik yang ditandai dengan meningkatnya kekuatan otot, rentang gerak sendi, dan kemampuan melakukan aktivitas sederhana. Hasil Manual *Muscle Testing* (MMT) menunjukkan peningkatan pada Tn. M dari skala 3 menjadi 5, Tn. A dari skala 2 menjadi 4, dan Ny. K dari skala 3 menjadi 5. Hasil tersebut menunjukkan bahwa intervensi ROM pasif efektif dalam meningkatkan kekuatan otot dan mobilitas fisik pada pasien stroke non hemoragik. **Kesimpulan:** Latihan ROM pasif yang diberikan selama 3x24 jam dengan frekuensi 2 kali sehari, setiap 10 kali gerakan efektif meningkatkan mobilitas fisik pasien stroke non hemoragik melalui peningkatan kekuatan otot dan rentang gerak sendi. Oleh karena itu, latihan ROM pasif dapat dijadikan sebagai salah satu intervensi keperawatan mandiri dalam penatalaksanaan gangguan mobilitas fisik pada pasien stroke non hemoragik. **Kata Kunci:** Stroke non hemoragik, gangguan mobilitas fisik, *Range of Motion* (ROM) pasif, kekuatan otot.

Daftar Pustaka: (2020 – 2025)

ABSTRACT

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Implementation of Passive Range of Motion (ROM) Exercises in Non-Hemorrhagic Stroke Patients to Improve Physical Mobility in the Teratai Ward of Dr. H. Koesnadi Regional General Hospital, Bondowoso

Xiv + 64 Sheet + Bibliography 4 + 16 Table + 9 Attachment

Abstract

Background: Non-hemorrhagic stroke is a neurological disorder caused by blockage of blood vessels in the brain that causes decreased oxygen supply to brain tissue, resulting in impaired physical mobility. One of the nursing interventions to improve physical mobility is passive Range of Motion (ROM) exercises. **Method:** This study used a case study design with a descriptive exploratory approach. The subjects of the study consisted of three non-hemorrhagic stroke patients, namely Mr. M, Mr. A, and Mrs. K in the Lotus Room of Dr. H. Koesnadi Bondowoso Regional General Hospital. The intervention given was in the form of passive Range Of Motion (ROM) exercises carried out for 3x24 hours with a frequency of 2 times a day, each 10 movements in each joint of the upper and lower extremities. Data collection was carried out through interviews, observation, and documentation while muscle strength was measured using Manual Muscle Testing (MMT) before and after the intervention. Data were analyzed descriptively based on the killing process which included assessment, diagnosis, intervention, implementation, and evaluation. **Results:** Based on the results of the implementation of passive Range of Motion (ROM) interventions for 3 days, the three non-hemorrhagic stroke patients showed increased physical mobility characterized by increased muscle strength, joint range of motion, and the ability to perform simple activities. The results of Manual Muscle Testing (MMT) showed an increase in Mr. M from a scale of 3 to 5, Mr. A from a scale of 2 to 4, and Mrs. K from a scale of 3 to 5. These results indicate that passive ROM intervention is effective in increasing muscle strength and physical mobility in non-hemorrhagic stroke patients. **Conclusion:** Passive ROM exercises given for 3x24 hours with a frequency of 2 times a day, each 10 movements effectively increased the physical mobility of non-hemorrhagic stroke patients by increasing muscle strength and joint range of motion. Therefore, passive ROM exercises can be used as an independent nursing intervention in the management of physical mobility disorders in non-hemorrhagic stroke patients.

Keywords: Non-hemorrhagic stroke, impaired physical mobility, passive Range of Motion (ROM), muscle strength.

Bibliography: (2020–2025)