

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

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Reza Lia Lestari Nasution

Implementasi Sistem *Partially Compensatory* dan *Supportive-Educative* pada Klien Stroke Dengan Defisit Perawatan Diri di RSD Dr. Soebandi Jember

xv + 124 hal + 22 tabel + 6 Gambar + 7 lampiran

Abstrak

Defisit perawatan diri merupakan masalah yang sering dialami pasien stroke akibat gangguan fungsi neuromuskular. Karya ilmiah akhir ini bertujuan menerapkan sistem *partially compensatory* dan *supportive-educative* dari Model Keperawatan Dorothea Orem pada pasien stroke dengan defisit perawatan diri di RSD dr. Soebandi Jember. Metode yang digunakan adalah studi kasus deskriptif pada tiga pasien stroke yang dirawat di Ruang Neurologi selama tiga hari. Pengkajian dilakukan menggunakan *Barthel Index* (BI), *National Institutes of Health Stroke Scale* (NIHSS), dan *Manual Muscle Testing* (MMT). Asuhan keperawatan meliputi bantuan aktivitas perawatan diri, latihan *range of motion* (ROM), *bladder training*, serta edukasi kepada keluarga. Hasil pengkajian menunjukkan seluruh pasien mengalami ketergantungan dalam perawatan diri dengan nilai BI 20–46, NIHSS 11–25, dan kekuatan otot sisi lesi 1–2. Ditemukan beberapa diagnosis keperawatan, antara lain gangguan mobilitas fisik, defisit perawatan diri, gangguan komunikasi verbal, risiko kerusakan integritas kulit, dan defisit pengetahuan. Setelah tiga hari intervensi, terjadi peningkatan kemampuan fungsional yang ditunjukkan oleh peningkatan skor BI, penurunan skor NIHSS, dan peningkatan ROM bahu sebesar 15° pada seluruh pasien. Selain itu, keluarga mampu melakukan latihan ROM secara mandiri. Penerapan sistem *partially compensatory* dan *supportive-educative* dalam Model Keperawatan Orem pada ketiga kasus menunjukkan perbaikan kemampuan perawatan diri, fungsi motorik, dan keterlibatan keluarga dalam perawatan, sehingga model ini dapat menjadi pendekatan yang mendukung asuhan keperawatan pasien stroke dengan defisit perawatan diri.

Kata kunci : Stroke, Defisit Perawatan Diri, Model Keperawatan Orem, *Partially Compensatory*, *Supportive-Educative*,

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ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Reza Lia Lestari Nasution

Implementation of the Partially Compensatory and Supportive-Educative System in Stroke Clients with Self-Care Deficit at RSD Dr. Soebandi Jember

xv + 124 pages + 22 tables + 6 pictures + 7 attachments

Abstract

Self-care deficit is one of the most common problems experienced by stroke survivors due to neuromuscular impairment. This final scientific project aimed to implement the partially compensatory and supportive-educative systems of Dorothea Orem's Nursing Model in stroke patients with self-care deficits at RSD dr. Soebandi Jember. A descriptive case study was conducted on three stroke patients hospitalized in the Neurology Ward for three days. Patient assessments were performed using the Barthel Index (BI), National Institutes of Health Stroke Scale (NIHSS), and Manual Muscle Testing (MMT). Nursing interventions included assistance with self-care activities, range of motion (ROM) exercises, bladder training, and family education. The assessment results showed that all patients experienced dependence in self-care activities, with BI scores ranging from 20 to 46, NIHSS scores from 11 to 25, and muscle strength on the affected side ranging from 1 to 2. Several nursing diagnoses were identified, including impaired physical mobility, self-care deficit, impaired verbal communication, risk for impaired skin integrity, and deficient knowledge. After three days of intervention, functional improvement was observed in all patients, as indicated by increased BI scores, decreased NIHSS scores, and a 15° increase in shoulder ROM. In addition, family members were able to perform ROM exercises independently. The implementation of the partially compensatory and supportive-educative systems based on Orem's Nursing Model demonstrated improvements in self-care ability, motor function, and family participation in care among the three cases, indicating that this model may be a valuable approach for providing nursing care to stroke patients with self-care deficits.

Key Words : Stroke, Self-Care Deficit, Orem Nursing Model, Partially Compensatory, Supportive-Educative,

Bibliography : 37 (2020-2025)