

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Implementasi Mobilisasi Dini Terhadap Gangguan Mobilitas Fisik Pada pasien stroke di RSD Kalisat Jember

Xiii + 68 halaman + 5 tabel + 1 gambar + 7 lampiran

ABSTRAK

Latar belakang : Stroke atau CVA (*Cerebrovascular Accident*) merupakan kondisi kegawatan neurologis yang ditandai dengan gangguan fungsi otak akibat gangguan suplai darah, yang dapat menyebabkan defisit motorik berupa hemiparesis atau kelemahan separuh tubuh. Kelemahan ekstremitas yang terjadi akibat stroke berdampak langsung pada kemampuan pasien dalam melakukan aktivitas sehari-hari sehingga menimbulkan gangguan mobilitas fisik. Intervensi keperawatan berupa mobilisasi dini perlu diberikan sejak fase akut untuk merangsang neuroplastisitas, mencegah komplikasi imobilisasi, dan memulihkan fungsi motorik secara bertahap. **Tujuan:** Menelaah pemberian intervensi mobilisasi dini dalam mengurangi gangguan mobilitas fisik pada pasien stroke di RSD Kalisat Jember. **Metode:** Studi kasus ini menggunakan metode deskriptif melalui pendekatan asuhan keperawatan pada Ny. T (89 tahun) di Ruang Bangau RSD Kalisat. Implementasi Dukungan Mobilisasi dilakukan selama 3 hari berturut-turut, mencakup identifikasi toleransi fisik, pemantauan kondisi umum, fasilitasi pergerakan, pelibatan keluarga, edukasi, serta latihan mobilisasi dini. Data dihimpun melalui anamnesis, observasi langsung, pemeriksaan fisik, dan penilaian kekuatan otot menggunakan skala MRC (*Medical Research Council*). **Hasil:** Saat awal dikaji, pasien mengalami kelemahan ekstremitas kanan dengan kekuatan otot 3 dan seluruh aktivitas dibantu penuh oleh keluarga. Pascaintervensi selama 3 hari, kekuatan otot meningkat secara bertahap dari 3 pada hari pertama, menjadi 4 pada hari kedua, hingga 4 pada hari ketiga. Kemandirian aktivitas pasien juga meningkat dari dibantu penuh menjadi mampu melakukan sebagian aktivitas secara mandiri. **Kesimpulan:** Intervensi mobilisasi dini yang dilakukan secara terstruktur dan melibatkan keluarga terbukti efektif dalam meningkatkan kekuatan otot dan kemandirian fungsional pada pasien stroke dengan gangguan mobilitas fisik.

Kata Kunci: CVA, Gangguan Mobilitas Fisik, Mobilisasi Dini, Stroke.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Scientific Paper
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*Implementation of Mobilization to Reduce Physical Mobility Disorders
in Stroke Patients at Hospital Kalisat*

xiii + 68 pages + 5 tables + 1 figure + 7 appendices

ABSTRACT

Background: Stroke or CVA (Cerebrovascular Accident) is a neurological emergency characterized by impaired brain function due to disruption of blood supply, which can cause motor deficits in the form of hemiparesis or weakness of half the body. Limb weakness resulting from stroke directly impacts the patient's ability to perform daily activities, leading to physical mobility disorders. Nursing interventions in the form of early mobilization need to be provided from the acute phase to stimulate neuroplasticity, prevent immobilization complications, and gradually restore motor function. **Objective:** To examine the provision of early mobilization interventions in reducing physical mobility disorders in stroke patients at RSD Kalisat Jember. **Method:** This case study uses a descriptive method through a nursing care approach on Mrs. T (89 years old) in the Bangau Room RSD Kalisat. Mobilization Support implementation was carried out for 3 consecutive days, including identification of physical tolerance, monitoring of general condition, facilitation of movement, family involvement, education, and early mobilization exercises. Data were collected through anamnesis, direct observation, physical examination, and muscle strength assessment using the MRC (Medical Research Council) scale. **Results:** At the initial assessment, the patient experienced right extremity weakness with muscle strength of 3 and all activities were fully assisted by the family. After three days of intervention, muscle strength gradually improved from 3 on the first day, to 4 on the second day, and 4 on the third day. The patient's activity independence also increased from fully assisted to being able to perform some activities independently. **Conclusion:** Structured early mobilization interventions involving the family proved effective in improving muscle strength and functional independence in stroke patients with physical mobility disorders.

Keywords: CVA, Early Mobilization, Physical Mobility Disorder, Stroke