

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Karya Ilmiah Berbasis *Evidence Based Practice*, 02 Juli 2025

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Asuhan Keperawatan Keluarga Terhadap Masalah Manajemen Kesehatan Keluarga Tidak Efektif Pada Pasien Stroke Melalui Edukasi *Range Of Motion* di Kel. Tuah Negeri Kec. Tenayan Raya

Xiii+96 halaman+17 Tabel+5 Lampiran

ABSTRAK

Stroke terjadi akibat sumbatan aliran darah ke otak, kondisi ini menyebabkan berbagai gangguan, seperti gangguan bicara, hemiparesis, kesulitan menelan makanan, kelemahan otot, dan asimetris wajah. Dalam proses pemulihan, keluarga memiliki peran penting dalam proses pemulihan sebagai pendamping dan motivator. Edukasi kesehatan sangat penting khususnya dalam penatalaksanaan non farmakologi melalui latihan ROM. Penelitian ini bertujuan untuk menggambarkan Asuhan keperawatan keluarga terhadap masalah manajemen kesehatan keluarga tidak efektif pada pasien stroke melalui edukasi range of motion. Metode yang digunakan adalah deskriptif pada dua anggota keluarga dengan pasien stroke. Data dikumpulkan melalui wawancara dengan format standar asuhan keperawatan keluarga dan observasi langsung, mengacu pada Standar Intervensi Keperawatan Indonesia dan Evidence-Based Nursing Practice, serta menggunakan lembar leaflet. Intervensi dilakukan selama tiga hari dengan latihan 30 menit persesi. Hasil analisis menunjukkan peningkatan manajemen kesehatan keluarga dalam pelaksanaan terapi ROM, dengan nilai pre-test Tn. S 2.17 dan post-test pada Tn. S 4.33 sedangkan nilai rata-rata pre-test Tn. T 2.33 dan nilai rata-rata post-test Tn. T 4.33. Disarankan agar keluarga tetap aktif dalam perawatan di rumah, dengan dukungan edukasi dari tenaga kesehatan terkait terapi ROM Pemantauan rutin juga diperlukan untuk mendukung proses pemulihan dan mencegah komplikasi.

Kata Kunci : *Range Of Motion*, Stroke, Manajemen Kesehatan keluarga Tidak Efektif

Daftar Pustaka: 27 (2019-2024)

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PAYUNG NEGERI PEKANBARU INSTITUTE OF HEALTH SCIENCE
Evidence-based practice Scientific Paper, 02 Juny 2025**

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*Family Nursing Care for Ineffective Family Health Management in Stroke Patients
Through Range of Motion Education in Tuah Negeri Village, Tenayan Raya District*

Xii + 96 Pages + 17 Tables + 5 Appendic

ABSTRACT

Stroke occurs as a result of a blockage in blood flow to the brain, leading to various impairments such as speech difficulties, hemiparesis, difficulty swallowing, muscle weakness, and facial asymmetry. During the recovery process, the family plays a crucial role as a companion and motivator. Health education is essential, particularly in the non-pharmacological management of stroke through range of motion (ROM) exercises. This study aims to describe family nursing care in addressing ineffective family health management in stroke patients through ROM education. A descriptive method was used involving two family members caring for stroke patients. Data were collected through interviews using a standardized family nursing care format and direct observation, referring to the Indonesian Nursing Intervention Standards and Evidence-Based Nursing Practice, and supported by educational leaflets. The intervention was carried out over three days, with 30-minute ROM exercise sessions. The analysis showed an improvement in family health management regarding ROM implementation, with Mr. S's pre-test score of 2.17 increasing to 4.33 post-test, and Mr. T's average pre-test score of 2.33 increasing to a post-test score of 4.33. It is recommended that families remain actively involved in home care, supported by continuous health education from healthcare professionals regarding ROM therapy. Regular monitoring is also necessary to support recovery and prevent complications.

Keywords : Range of Motion, Stroke, Ineffective Family Health Management
References : 27 (2019-2024)