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“Penerapan Latihan ROM (Range Of Motion) Terhadap Masalah Keperawatan Gangguan Mobilitas Fisik Pada Lansia Dengan Stroke Di Desa Pancuran Gading Kecamatan Tapung Kabupaten Kampar”

+ Halaman + Tabel + Lampiran

ABSTRAK

Stroke merupakan salah satu penyakit tidak menular yang sering terjadi pada lansia dan dapat menimbulkan gangguan fungsi motorik, salah satunya gangguan mobilitas fisik akibat penurunan kekuatan otot dan kekakuan sendi. Gangguan tersebut dapat menyebabkan ketergantungan lansia dalam melakukan aktivitas sehari-hari. Salah satu intervensi keperawatan nonfarmakologis yang dapat dilakukan untuk mengatasi masalah tersebut adalah latihan *Range of Motion* (ROM). Penelitian ini bertujuan untuk mengetahui penerapan latihan ROM terhadap masalah keperawatan gangguan mobilitas fisik pada lansia dengan stroke di Desa Pancuran Gading, Kecamatan Tapung, Kabupaten Kampar. Metode yang digunakan adalah *Evidence Based Practice* dengan pendekatan studi kasus pada dua orang lansia penderita stroke. Intervensi latihan ROM diberikan selama enam hari berturut-turut dengan durasi 10 – 15 menit setiap sesi. Pengumpulan data dilakukan melalui wawancara, observasi, dan pengukuran kekuatan otot menggunakan *muscle power scale* serta indikator keberhasilan berdasarkan Standar Luaran Keperawatan Indonesia (SLKI). Hasil penerapan menunjukkan adanya peningkatan kekuatan otot dari skala 3 menjadi skala 4, penurunan kekakuan sendi, penurunan nyeri, serta peningkatan kemampuan gerak ekstremitas. Dengan demikian, dapat disimpulkan bahwa penerapan latihan ROM efektif dalam mengatasi gangguan mobilitas fisik pada lansia dengan stroke. Latihan ROM direkomendasikan sebagai salah satu intervensi keperawatan yang dapat dilakukan secara rutin dan mandiri dengan dukungan keluarga.

Kata Kunci: Stroke, Lansia, Range of Motion (ROM), Gangguan Mobilitas Fisik

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**NERS PROFESSIONAL STUDY PROGRAM,
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“The Application of Range of Motion (ROM) Exercises on Physical Mobility Impairment Nursing Problems among Older Adults with Stroke in Pancuran Gading Village, Tapung District, Kampar Regency. ”

+ Pages + Tables + Appendices

ABSTRACT

Stroke is one of the most common non-communicable diseases among older adults and can lead to motor function impairment, particularly physical mobility disorders caused by decreased muscle strength and joint stiffness. These conditions often result in increased dependence in performing daily activities. One non-pharmacological nursing intervention that can be applied to overcome this problem is Range of Motion (ROM) exercise. This study aimed to describe the application of ROM exercises in addressing physical mobility impairment among older adults with stroke in Pancuran Gading Village, Tapung District, Kampar Regency. This study employed an Evidence-Based Practice approach using a case study design involving two older adults with stroke. ROM exercises were administered for six consecutive days, with a duration of 10 – 15 minutes per session. Data were collected through interviews, observations, and muscle strength assessment using the muscle power scale, as well as outcome indicators based on the Indonesian Nursing Outcome Standards (Standar Luaran Keperawatan Indonesia). The results showed an improvement in muscle strength from scale 3 to scale 4, a reduction in joint stiffness and pain, and an improvement in extremity movement. In conclusion, the application of ROM exercises was effective in improving physical mobility among older adults with stroke. ROM exercises are recommended as a nursing intervention that can be performed routinely and independently with family support.

Keywords :Stroke, Older Adults, Range of Motion (ROM), Physical Mobility Impairment

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