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Pengelolaan Gangguan Mobilitas Fisik Pada Pasien *Stroke non hemoragik* Dengan Intervensi *Range Of Motion Exercise* Dan *Infra Red Light Theraphy* Di RSUD Pandan Arang Boyolali.

xv + 102 halaman + 3 tabel + 3 gambar +10 lampiran

Abstrak

Stroke non hemoragik adalah gangguan otak akibat aliran darah yang tersumbat, menyebabkan kelemahan otot, gangguan koordinasi, dan keseimbangan, sehingga diperlukan latihan rentang gerak (ROM) oleh perawat sebagai rehabilitasi awal untuk mencegah kecacatan dan meningkatkan kemandirian, sementara *infra red* adalah radiasi elektromagnetik berpanjang gelombang antara cahaya tampak dan gelombang radio. Penulisan ini bertujuan untuk mengetahui pembahasan pengelolaan gangguan mobilitas fisik pada pasien *stroke non hemoragik* dengan intervensi latihan *range of motion* dan terapi sinar *infra red* di RSUD Pandan Arang Boyolali. Jenis karya tulis ilmiah ini menggunakan metode deskriptif berupa asuhan keperawatan yang berfokus pada pengelolaan latihan *range of motion* dan terapi sinar *infra red.* Pengelolaan gangguan mobilitas fisik dilakukan selama tiga hari pada pasien *stroke non hemoragik*. Hasil menunjukkan pasien mulai aktif menggerakkan kedua kaki, namun tangan kanan belum bisa digerakkan. Secara objektif, pasien tampak lemah, tekanan darah 151/85 mmHg, nadi 69 x/menit, dan menjalani ROM pasif di tempat tidur. Kekuatan otot: tangan kanan 0, tangan kiri 5, kaki kanan 4, kaki kiri 5. Pasien mengalami kelemahan ekstremitas kanan dengan *activity daily living* masih dibantu, didiagnosis gangguan mobilitas fisik, dan menjalani latihan *range of motion* pasif serta terapi infrared selama 3 hari, namun masalah belum sepenuhnya teratasi sehingga intervensi dilanjutkan. Latihan *range of motion* pasif dan terapi sinar *infra red* diharapkan membantu pasien *stroke non hemoragik* mengatasi kekakuan otot, dan dapat diterapkan di rumah dengan pendampingan keluarga.

Kata kunci: *stroke non hemoragik, range of motion, infra red*

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Management of Physical Mobility Disorders in Non-Hemorrhagic Stroke Patients with Range of Motion Exercise Interventions and Infrared Ray Therapy at Pandan Arang Hospital, Boyolali

xv + 102 pages + 3 tables + 3 figures + 10 appendices

Abstract

Non hemorrhagic stroke is a brain disorder caused by blocked blood flow, causing muscle weakness, impaired coordination, and balance, so that range of motion (ROM) exercises are needed by nurses as an initial rehabilitation to prevent disability and increase independence, while infrared is electromagnetic radiation with a wavelength between visible light and radio waves. This paper aims to discuss the management of physical mobility disorders in non hemorrhagic stroke patients with range of motion exercise interventions and infrared light therapy at Pandan Arang Hospital, Boyolali. This type of scientific paper uses a descriptive method in the form of nursing care that focuses on the management of range of motion exercises and infrared light therapy. Management of physical mobility disorders was carried out for three days in non-hemorrhagic stroke patients. The results showed that the patient began to actively move both legs, but the right hand could not be moved. Objectively, the patient looked weak, blood pressure 151/85 mmHg, pulse 69 x / minute, and underwent passive ROM in bed. Muscle strength: right hand 0, left hand 5, right leg 4, left leg 5. The patient experienced weakness of the right extremity with daily living activities still assisted, diagnosed with impaired physical mobility, and underwent passive range of motion exercises and infrared therapy for 3 days, but the problem was not completely resolved so the intervention was continued. Passive range of motion exercises and infrared light therapy are expected to help non-hemorrhagic stroke patients overcome muscle stiffness, and can be applied at home with family support.

Keywords: non hemorrhagic stroke, range of motion, infra red.