

**PENERAPAN INTERVENSI “RANGE OF MOTION (ROM)” PADA PASIEN STROKE NON HEMORAGIK PADA Ny “S” DI WILAYAH KERJA PUSKESMAS GODEAN**

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**INTISARI**

**Latar Belakang :** Stroke merupakan gangguan fungsi otak yang timbulnya mendadak berlangsung selama 24 jam atau lebih akibat gangguan peredaran darah di otak secara global. Dampak dari penyakit stroke antara lain hemiparase (kelemahan) dan hemiplegia (Kelumpuhan) menjadi bentuk defisit motorik. Salah satu penatalaksanaan non farmakologi yang dapat dilakukan pada pasien stroke non hemoragik adalah ROM.

**Tujuan :** Mengetahui penerapan Intervensi Range of Motion (ROM) pada pasien dengan Stroke Non Hemoragik dalam peningkatan kekuatan otot.

**Metode :** Studi kasus ini menggunakan metode deskriptif dengan pendekatan proses asuhan keperawatan pada pasien Stroke Non Hemoragik (SNH). Pemberian intervensi latihan *Range of Motion* (ROM) diberikan selama 3 hari dengan frekuensi 1 kali dalam sehari yaitu pagi hari, selama 10-15 menit menggunakan kriteria inklusi penderita Stroke non hemoragik (SNH). Melakukan latihan ROM sebelum dan sesudah intervensi.

**Hasil :** Hasil dari kekuatan otot sebelum dilakukan *Range of Motion* (ROM) yakni kekuatan otot 5/4 4/5 dengan keluhan terasa kaku dan nyeri kemudian setelah dilakukan latihan ROM didapatkan kekuatan otot 5/4 4/5 dengan keluhan berkurang nyeri dan kaku.

**Kesimpulan :** Terdapat peningkatan kekuatan otot pada pasien Stroke Non Hemoragik (SNH) Ny.S di Puskesmas Godean 1

**Kata Kunci :** *Range of Motion* (ROM), Stroke non hemoragik

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**THE APPLICATION OF “RANGE OF MOTION (ROM)”  
INTERVENTION IN NON-HAEMORRHAGIC STROKE PATIENT MRS.  
S IN PUBLIC HEALTH CENTRE OF GODEAN’S WORKING AREA**

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**ABSTRACT**

**Background :** Stroke is a neurological condition characterised by the abrupt onset of impaired brain function, lasting at least 24 hours. Disruptions in the overall blood circulation throughout the brain primarily cause this impairment. Stroke disease has significant consequences on individuals, manifesting as motor deficits such as hemiparesis (weakness) and hemiplegia (paralysis). Range of Motion (ROM) is a non-pharmacological intervention that can be employed in individuals with non-hemorrhagic stroke.

**Methods :** Understanding the utilisation of Range of Motion (ROM) Interventions in individuals diagnosed with Hemorrhagic Stroke to enhance muscular strength.

**Methods :** The present study employs a descriptive methodology, utilising a nursing care process approach, to investigate managing Hemorrhagic Stroke (SNH) patients. The study implemented a three-day intervention of Range of Motion (ROM) exercises, with a frequency of once per day, specifically in the morning, for 10-15 minutes. The inclusion criteria for participants were limited to patients diagnosed with non-hemorrhagic stroke (SNH). Engaging in a range of motion (ROM) exercises before and after the intervention.

**Results :** The initial assessment of muscle strength prior to Range of Motion (ROM) training revealed a muscle strength rating of 5/4 4/5, accompanied by reports of stiffness and soreness. However, following the completion of ROM training, there was an observed improvement in muscle strength, with a rating of 5/4 4/5, and a reduction in reported pain and stiffness.

**Conclusion :** Non-Hemorrhagic Stroke (SNH) patient Mrs. S at Public Health Centre of Godan 1 demonstrated an increase in muscle strength.

**Keywords :** *Range of Motion* (ROM), Stroke non hemoragik

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