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Bandung, May 2022
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***IMPLEMENTATION OF NURSING CARE IN NON HAEMORRAGIC STROKE
PATIENTS WITH RANGE OF MOTION (ROM) EXERCISE
IMPLEMENTATION TO INCREASE MUSCLE STRENGTH
AT AL IHSAN HOSPITAL BANDUNG IN 2022***

ABSTRACT

XI, 84 pages, 5 Chpters, 2 graphs, 6 tables, 12 attachments

The background of this case study is the increasing incidence of stroke in Indonesia. At the Al Ihsan Hospital in Bandung, stroke was included in the top 10 most hospitalized diseases in 2020. Stroke cases in 2021 at the Al Ihsan Hospital reached 822 patients. Stroke is a sudden disturbance due to the cessation of blood flow due to blockage or bleeding in the brain that causes brain damage, resulting in neurological deficits and causing disability. One of the effects is hemiparesis and hemiplegia which are closely related to the function of the extremities for patient mobility, so that muscle strength needs to be increased. ROM exercises are effective in increasing muscle strength because they use simple techniques so they are easy to do. This case study aims to determine the description of nursing care in non-hemorrhagic stroke patients with the implementation of ROM exercises to increase muscle strength in Al Ihsan Hospital Bandung in 2022. The method used is a descriptive case study method. Two respondents were measured muscle strength before and after ROM exercise using ROM procedure and muscle strength measurement scale. The results after doing ROM exercises for 2 times/day for 5 days respondents show an increase in muscle strength. In patient 1, the left upper extremity increased 1 point from the previous scale, the left lower extremity increased 2 points from the previous scale. In patient 2, there was an increase in muscle strength of the right upper and lower extremities 1 point from the previous scale. It is recommended that nurses and patients can continue to carry out ROM exercises independently both at home and in the hospital.

Keywords : Range of Motion (ROM), muscle strength

Bibliography : 32 (2011-2022)