

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA TN. K DENGAN GANGGUAN SISTEM PERSYARAFAN : STROKE INFARK DENGAN INTERVENSI INOVASI KOMBINASI *ELEVASI HEAD UP 30°* DAN *FOOT MASSAGE* DI RUANG UMAR BIN KHATTAB 3 RSUD WELAS ASIH

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Pada stroke infark aliran darah ke otak terhenti karena gumpalan darah menyumbat pembuluh darah. Penderita stroke infark merasakan nyeri kepala, badan terasa lemah dan tekanan darah tidak stabil, bahkan cenderung tinggi. Salah satu cara mengatasi masalah yang terjadi pada stroke infark yaitu pemberian *head up 30°* dan *foot massage*. Manfaat *head up 30°* dapat menurunkan tekanan intrakranial dan *foot massage* untuk melancarkan sirkulasi darah ke seluruh tubuh, menurunkan nyeri, merangsang produksi hormon endorphen yang berfungsi untuk merelaksasikan tubuh. Tujuan: mengidentifikasi intervensi kombinasi *Elevasi Head up 30°* dan *Foot Massage* dalam mengatasi masalah penurunan kapasitas adaptif intrakranial pada Tn.K dengan diagnosa stroke infark di ruang Umar Bin Khattab 3 RSUD Welas Asih. Metode: pendekatan studi kasus. Intervensi diberikan selama 3 hari. Hasil: Masalah keperawatan pada pasien adalah penurunan kapasitas adaptif intrakranial setelah dilakukan intervensi kombinasi *Elevasi Head up 30°* dan *Foot Massage* 3 hari berturut-turut masalah keperawatan teratasi dibuktikan dengan penurunan tekanan darah dan nyeri kepala. Kesimpulan: Berdasarkan hasil pengkajian dan intervensi yang dilakukan, dapat disimpulkan bahwa kombinasi *Elevasi Head up 30°* dan *Foot Massage* dapat menurunkan tekanan darah dan nyeri kepala pada pasien stroke infark yang mengalami masalah keperawatan penurunan kapasitas adaptif intrakranial. Teknik ini merupakan metode nonfarmakologis yang aman, mudah dilakukan, dan dapat menjadi pilihan intervensi awal dalam penanganan penurunan kapasitas adaptif intrakranial pada pasien stroke infark. Saran: Intervensi ini agar dapat dilakukan dimalam hari agar dapat manfaat lebih kepada pasien dalam memudahkan istirahat.

Kata kunci : *Elevasi Head Up 30°*, *Foot Massage*, Stroke Infark

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ABSTRACT

ANALYSIS OF NURSING CARE FOR MR. K WITH NERVOUS SYSTEM DISORDER: STROKE INFARCTION WITH INNOVATIVE INTERVENTION OF COMBINATION OF HEAD UP 30° ELEVATION AND FOOT MASSAGE IN UMAR ROOM BIN KHATTAB 3 WELAS ASIH REGIONAL HOSPITAL

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In infarction stroke, blood flow to the brain is stopped because a blood clot blocks the blood vessels. Infarction stroke sufferers experience headaches, body weakness and unstable blood pressure, even tending to be high. One way to overcome the problems that occur in infarction stroke is to provide a 30° head up and foot massage. The benefits of 30° head up can reduce intracranial pressure and foot massage to improve blood circulation throughout the body, reduce pain, stimulate the production of endorphin hormones that function to relax the body. Objective: to identify the combined intervention of 30° Head up Elevation and Foot Massage in overcoming the problem of decreased intracranial adaptive capacity in Mr. K with a diagnosis of infarction stroke in the Umar Bin Khattab ward 3 Welas Asih Regional Hospital. Method: case study approach. The intervention was given for 3 days. Results: The nursing problem in the patient was a decrease in intracranial adaptive capacity after the combined intervention of 30° Head up Elevation and Foot Massage for 3 consecutive days, the nursing problem was resolved as evidenced by a decrease in blood pressure and headache. Conclusion: Based on the results of the assessment and interventions carried out, it can be concluded that the combination of 30° Head-up Elevation and Foot Massage can reduce blood pressure and headaches in infarction stroke patients who experience nursing problems of decreased intracranial adaptive capacity. This technique is a safe, easy-to-do non-pharmacological method and can be an initial intervention option in treating decreased intracranial adaptive capacity in infarction stroke patients. Suggestion: This intervention should be carried out at night to provide more benefits to patients in facilitating rest.

Keywords: Head Up Elevation 30°, Foot Massage, Infarction stroke

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