

**PENERAPAN POSISI *HEAD UP 30°* DALAM ASUHAN KEPERAWATAN
GAWAT DARURAT PADA PASIEN DENGAN STROKE
HEMORAGIK DI RUANG INSTALASI GAWAT
DARURAT UOBK RSUD dr. SLAMET
GARUT TAHUN 2025**

DAMAR ANDRIAWAN

221FK06009

**PROGRAM STUDI D III KEPERAWATAN, FAKULTAS
KEPERAWATAN UNIVERSITAS BHAKTI KENCANA**

ABSTRAK

Latar Belakang: Stroke hemoragik merupakan kondisi kegawatdaruratan neurologis yang memerlukan penanganan cepat dan tepat untuk meminimalkan kerusakan otak dan meningkatkan luaran pasien. Salah satu intervensi keperawatan yang krusial adalah pengaturan posisi pasien, khususnya posisi *HEAD UP 30°*. Jumlah penderita stroke di ruang Instalasi Gawat Darurat UOBK RSUD dr. Slamet Garut tercatat sebanyak 1553 kasus pada tahun 2024, dengan terbanyak perempuan. **Tujuan:** Penelitian ini bertujuan untuk melakukan penerapan posisi *HEAD UP 30°* terhadap penurunan Tekanan Intrakranial (TIK) dalam asuhan keperawatan gawat darurat pada pasien stroke hemoragik di ruang Instalasi Gawat Darurat (IGD) UOBK RSUD dr. Slamet Garut pada tahun 2025. **Metode:** Desain deskriptif kualitatif penelitian menggunakan studi kasus dengan pendekatan asuhan keperawatan secara sistematis, mulai dari pengkajian, diagnosa, intervensi, implementasi hingga evaluasi. Subjek penelitian adalah pasien stroke hemoragik yang dirawat di ruang Instalasi Gawat Darurat UOBK RSUD dr. Slamet Garut sebanyak 2 pasien, instrument yang digunakan yaitu asuhan keperawatan gadar, leaflet, SAP dan SOP posisi *HEAD UP 30°*. **Hasil:** penerapan posisi *HEAD UP 30°* menunjukkan adanya penurunan Tekanan Intrakranial (TIK), peningkatan kesadaran, peningkatan saturasi oksigen, dan penurunan gejala sesak nafas setelah dilakukan intervensi selama 1x8 jam terdapat hasil penurunan kapasitas adaptif intrakranial teratasi sebagian. **Kesimpulan:** Posisi *HEAD UP 30°* efektif untuk membantu mengurangi Tekanan Intrakranial (TIK) dan berkolaborasi pemberian terapi farmakologi pada pasien dengan stroke hemoragik di ruang Instalasi Gawat Darurat (IGD) UOBK RSUD dr. Slamet Garut. **Saran :** Penerapan posisi *HEAD UP 30°* dapat digunakan menjadi salah satu intervensi yang efektif pada pasien dengan stroke hemoragik.

Kata Kunci: Gawat Darurat, *HEAD UP 30* Derajat, IGD, Stroke Hemoragik, Tekanan Intrakranial.

Daftar Pustaka: 9 Buku (2013-2023), 29 Jurnal, 5 Artikel.

**APPLICATION OF THE HEAD-UP 30° POSITION IN EMERGENCY
NURSING CARE FOR PATIENTS WITH HEMORRHAGIC
STROKE IN THE EMERGENCY DEPARTMENT OF
UOBK DR. SLAMET GARUT HOSPITAL IN 2025.**

DAMAR ANDRIAWAN

221FK06009

**NURSING DIPLOMA III PROGRAM, FACULTY OF NURSING,
UNIVERSITAS BHAKTI KENCANA**

ABSTRACT

Background: Hemorrhagic stroke is a neurological emergency that requires rapid and precise management to minimize brain damage and improve patient outcomes. One of the crucial nursing interventions is patient positioning, particularly the HEAD UP 30° position. The number of stroke patients in the Emergency Department (IGD) of UOBK RSUD dr. Slamet Garut was recorded at 1,553 cases in 2024, with the majority being female. **Objective:** This study aims to implement the HEAD UP 30° position to reduce Intracranial Pressure (ICP) in emergency nursing care for hemorrhagic stroke patients in the Emergency Department (IGD) of UOBK RSUD dr. Slamet Garut in 2025. **Methods:** The research used a descriptive qualitative design with a case study approach, systematically following the nursing care process from assessment, diagnosis, intervention, and implementation to evaluation. The subjects were two hemorrhagic stroke patients treated in the Emergency Department (IGD) of UOBK RSUD dr. Slamet Garut. The instruments used were emergency nursing care sheets, leaflets, Standard Operating Procedures (SOPs), and the HEAD UP 30° position protocol. **Results:** The application of the HEAD UP 30° position showed a reduction in Intracranial Pressure (ICP), an increase in consciousness, an increase in oxygen saturation, and a decrease in shortness of breath symptoms. After 1x8 hours of intervention, the results indicated that the problem of impaired intracranial adaptive capacity was partially resolved. **Conclusion:** The HEAD UP 30° position is effective in helping to reduce Intracranial Pressure (ICP) I will collaborate on providing pharmacological therapy in patients with hemorrhagic stroke in the Emergency Department (IGD) of UOBK RSUD dr. Slamet Garut. **Recommendation:** The application of the HEAD UP 30° position can be used as an effective intervention for patients with hemorrhagic stroke.

Keywords: Emergency, HEAD UP 30 Degrees, IGD, Hemorrhagic Stroke, Intracranial Pressure.

References: 9 Books (2013-2023), 29 Journals, 5 Articles.