

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA TN. D DENGAN DIAGNOSIS GANGGUAN MOBILITAS FISIK DAN INTERVENSI *RUBBER BALL GRIP THERAPY* DI RPL TITIAN BENTENG GADING KABUPATEN CIMAHI

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Prevalensi stroke di Indonesia tahun 2018 berdasarkan diagnosis dokter pada penduduk umur ≥ 15 tahun sebesar (10,9%) atau diperkirakan sebanyak 2.120.362 orang (Riskesdas, 2019). Prevalensi stroke pada lansia (individu usia 60 tahun ke atas) cukup tinggi, dengan perkiraan sekitar 7,4% secara global. di Indonesia, stroke menjadi penyebab utama kecacatan dan kematian, dengan angka kejadian mencapai 8,3 per 1.000 penduduk (Kemenkes, 2023). salah satu komplikasi umum stroke adalah penurunan kekuatan otot, yang menyebabkan gangguan mobilitas fisik dan aktivitas sehari-hari, untuk mencegahnya latihan rentang gerak dengan *rubber ball grip therapy*. Tujuan penelitian ini bertujuan untuk menganalisis asuhan keperawatan pada Tn. D dengan diagnosis gangguan mobilitas fisik dan intervensi *rubber ball grip therapy*. Metode penelitian yang digunakan adalah studi kasus yaitu pemberian intervensi *rubber ball grip therapy* di Rumah Perawatan Lansia Titian Benteng Gading. Hasil dari asuhan keperawatan setelah diberikan *Rubber ball grip therapy* selama 7 hari dan hasil didapatkan bahwa dihari keempat kekuatan otot klien meningkat menjadi 4/5 dan klien mengatakan jika sering melakukan *rubber ball grip therapy* kekakuannya semakin berkurang. Sehingga dapat disimpulkan bahwa pemberian latihan ROM aktif dengan *rubber ball grip therapy* efektif sebagai penatalaksanaan non farmakologis pada Tn. D yang memiliki masalah keperawatan gangguan mobilitas fisik. Namun efektivitasnya terapi juga sangat bergantung pada tingkat keparahan stroke Tn. D, motivasi, dukungan, dan kepatuhan yang diberikan oleh staf RPL maupun keluarga, untuk meningkatkannya berikan motivasi serta dukungan agar menciptakan kepatuhan pasien saat diberikan intervensi.

Kata Kunci : Kekuatan otot, Lansia, *Rubber ball grip therapy*, *Stroke non hemoragik*

Referensi : 4 Buku (2018-2022)
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ABSTRACT

ANALYSIS OF NURSING CARE FOR MR. D WITH A DIAGNOSIS OF IMPAIRED PHYSICAL MOBILITY AND THE INTERVENTION OF RUBBER BALL GRIP THERAPY AT RPL TITIAN BENTENG GADING, CIMAHI REGENCY

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Based on a doctor's diagnosis, the prevalence of stroke in Indonesia in 2018 for individuals aged 15 years and older was 10.9%, which is an estimated 2,120,362 people (Riskesdas, 2019). Globally, the prevalence of stroke is particularly high among the elderly (individuals aged 60 years and above), with an estimated rate of around 7.4%. In Indonesia, stroke is a leading cause of disability and death, with an incidence rate of 8.3 per 1,000 population (Ministry of Health, 2023). A common complication of stroke is decreased muscle strength, which leads to impaired physical mobility and daily activities. To prevent this, range of motion exercises with rubber ball grip therapy are recommended. The purpose of this study was to analyze the nursing care provided to Mr. D, who was diagnosed with impaired physical mobility, and to evaluate the intervention of rubber ball grip therapy. The research method used was a case study, with the intervention administered at the Titian Benteng Gading Elderly Care Home. The results of the nursing care showed that after 7 days of rubber ball grip therapy, Mr. D's muscle strength improved to 4/5 on the fourth day. He also reported that consistent use of the therapy reduced his stiffness. In conclusion, providing active range of motion exercises with rubber ball grip therapy is an effective non-pharmacological management strategy for Mr. D, who had the nursing diagnosis of impaired physical mobility. However, the effectiveness of the therapy also heavily depends on the severity of Mr. D's stroke, as well as the motivation, support, and adherence provided by the Elderly Care Home staff and family. To enhance effectiveness, it's crucial to provide motivation and support to create patient adherence during the intervention.

Keywords : Elderly, muscle strength, Non-hemorrhagic stroke, Rubber ball grip therapy
References : 4 Books (2018-2022)
14 Journals (2016-2025)