

**ANALISIS ASUHAN KEPERAWATAN PADA TN.A DENGAN GANGGUAN
SISTEM PERSYARAFAN: STROKE DENGAN INTERVENSI TERAPI *SLOW
STROKE BACK MASSAGE* DI RUANG UMAR BIN KHATTAB III
RSUD AL-IHSAN PROVINSI JAWA BARAT**

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ABSTRAK

Stroke merupakan salah satu penyakit tidak menular yang menjadi penyebab utama kecacatan dan kematian kedua terbanyak di dunia. Penatalaksanaan stroke tidak hanya mencakup terapi farmakologis, tetapi juga intervensi nonfarmakologis, seperti *Slow Stroke Back Massage* (SSBM). Penelitian ini bertujuan untuk menganalisis asuhan keperawatan pada Tn. A, seorang pasien stroke dengan risiko perfusi serebral tidak efektif yang mendapatkan intervensi terapi SSBM di Ruang Umar Bin Khattab III RSUD Al-Ihsan, Jawa Barat. Desain yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosa, perencanaan, implementasi, dan evaluasi. Didapatkan bahwa pasien mengalami kelemahan ekstremitas kiri, nyeri kepala, gangguan tidur, dan hipertensi yang tidak terkontrol. Intervensi SSBM diberikan selama 10–15 menit selama dua hari berturut-turut. Hasil evaluasi menunjukkan adanya perbaikan tekanan darah, penurunan tingkat nyeri, peningkatan kualitas tidur, dan peningkatan kekakuan otot. Intervensi ini juga memperkuat hubungan terapeutik antara perawat dan pasien serta dapat dilakukan secara mandiri oleh keluarga di rumah. SSBM terbukti sebagai metode yang sederhana, murah, dan efektif untuk mendukung proses pemulihan pasien stroke secara holistik. Penelitian ini merekomendasikan penggunaan SSBM sebagai bagian dari intervensi keperawatan komplementer di ruang rawat inap pada RSUD Al-Ihsan Provinsi Jawa Barat.

Kata Kunci: Asuhan Keperawatan, *Slow Stroke Back Massage*, Stroke.

**ANALYSIS OF NURSING CARE FOR MR. A WITH NERVOUS SISTEM
DISORDER: STROKE WITH SLOW STROKE BACK MASSAGE THERAPY
INTERVENTION IN UMAR BIN KHATTAB III WARD
RSUD AL-IHSAN WEST JAVA PROVINCE**

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ABSTRACT

Stroke is a major non-communicable disease and the second leading cause of disability and death worldwide. Management of stroke requires not only pharmacological treatment but also complementary non-pharmacological interventions. Slow Stroke Back Massage (SSBM) has been proposed as a supportive therapy to improve patients' physiological and psychological outcomes. This descriptive case study analyzed nursing care for Mr. A, a stroke patient with a risk of ineffective cerebral perfusion, in the Umar Bin Khattab III Ward of RSUD Al-Ihsan, West Java. Nursing care was provided using the nursing process approach, including assessment, diagnosis, planning, implementation, and evaluation. The SSBM intervention was delivered for 10–15 minutes over two consecutive days. The patient presented with left extremity weakness, headache, sleep disturbance, and uncontrolled hypertension. After the intervention, improvements were observed in blood pressure control, pain reduction, sleep quality, and decreased muscle stiffness. Additionally, the therapy enhanced the therapeutic relationship between the nurse and the patient, while also being feasible to perform independently by family members at home. SSBM is a simple, cost-effective, and effective complementary nursing intervention that supports the holistic recovery of stroke patients. Its integration into routine inpatient care is recommended, particularly in RSUD Al-Ihsan, West Java Province.

Keywords: *Nursing Care, Slow Stroke Back Massage, Stroke*