ASUHAN KEPERAWATAN PADA PASIEN STROKE NON HEMORAGIK DENGAN GANGGUAN POLA TIDUR DIRUANG NEUROLOGI RSUD MAJALAYA

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ABSTRAK

Latar Belakang: Stroke non-hemoragik merupakan gangguan serebrovaskular akibat terhambatnya aliran darah ke otak yang dapat menyebabkan kematian dan kecacatan. Di Ruang Alamanda Neurologi RSUD Majalaya tercatat 1.088 kasus stroke non-hemoragik selama tahun 2025. Kondisi tersebut sering disertai gangguan pola tidur yang dapat memengaruhi kenyamanan dan proses pemulihan pasien. **Tujuan:** Mendeskripsikan pelaksanaan asuhan keperawatan pada pasien stroke non-hemoragik dengan gangguan pola tidur di Ruang Alamanda Neurologi RSUD Majalaya. **Metode:** Penelitian menggunakan metode deskriptif dengan pendekatan studi kasus pada dua pasien stroke non-hemoragik yang dirawat di Ruang Alamanda Neurologi RSUD Majalaya pada 15–18 Desember 2025. **Hasil:** Kedua pasien mengalami nyeri kepala skala 5, durasi tidur 2–3 jam per malam, lingkar mata menghitam dan kelemahan umum. Intervensi yang diberikan meliputi posisi head-up 30 derajat, pengelolaan lingkungan tidur dan terapi murottal Al-Qur'an Surah Ar-Rahman selama 30 menit setiap malam selama tiga hari. Hasil evaluasi menunjukkan skala nyeri Ny. N pertama menurun dari 5 menjadi 0 dengan durasi tidur meningkat menjadi 5 jam, sedangkan Ny. N kedua menurun dari 5 menjadi 1 dengan durasi tidur meningkat menjadi 4–5 jam. Kedua pasien menunjukkan perbaikan kualitas tidur dan penurunan frekuensi terbangun pada malam hari serta bersedia melanjutkan terapi murottal di rumah. **Simpulan:** Penerapan posisi head-up 30 derajat, pengelolaan lingkungan tidur dan terapi murottal Al-Qur'an Surah Ar-Rahman dapat membantu memperbaiki gangguan pola tidur pada pasien stroke non-hemoragik..

Kata Kunci: Asuhan Keperawatan; Gangguan Pola Tidur; Stroke Non-Hemoragik; Terapi Murottal;

NURSING CARE FOR NON-HEMORRHAGIC STROKE PATIENTS WITH SLEEP PATTERN DISORDERS IN THE NEUROLOGY ROOM OF MAJALAYA HOSPITAL

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ABSTRACT

Background: *Non-hemorrhagic stroke is a cerebrovascular disorder caused by impaired blood flow to the brain that can lead to death and disability. In the Alamanda Neurology Ward of Majalaya Regional Hospital, 1,088 cases of non-hemorrhagic stroke were recorded during 2025. This condition is often accompanied by sleep pattern disturbances that may affect patient comfort and the recovery process.* ***Objective:*** *To describe the implementation of nursing care for patients with non-hemorrhagic stroke experiencing sleep pattern disturbances in the Alamanda Neurology Ward of Majalaya Regional Hospital.* ***Methods:*** *This study used a descriptive method with a case study approach involving two patients with non-hemorrhagic stroke who were treated in the Alamanda Neurology Ward of Majalaya Regional Hospital from December 15–18, 2025.* ***Results:*** *Both patients experienced headache with a pain scale of 5, sleep duration of 2–3 hours per night, dark circles under the eyes, and general weakness. The interventions included a 30-degree head-up position, sleep environment management, and Al-Qur'an Surah Ar-Rahman murottal therapy for 30 minutes each night for three days. The evaluation showed that the pain score of the first patient decreased from 5 to 0, with sleep duration increasing to 5 hours, while the second patient's pain score decreased from 5 to 1, with sleep duration increasing to 4–5 hours. Both patients showed improved sleep quality and reduced nighttime awakenings and expressed willingness to continue murottal therapy at home.* ***Conclusion:*** *The combination of a 30-degree head-up position, sleep environment management, and Al-Qur'an Surah Ar-Rahman murottal therapy may help improve sleep pattern disturbances in patients with non-hemorrhagic stroke.*

Keywords: *Nursing Care; Sleep Pattern Disturbance; Non-Hemorrhagic Stroke; Recitation Therapy;*