

SKRIPSI
LITERATURE REVIEW
PENINGKATAN KEKUATAN OTOT PASIEN LANSIA PASCA
STROKE DENGAN LATIHAN RANGE OF MOTION (ROM)

Penelitian Keperawatan Medikal Bedah



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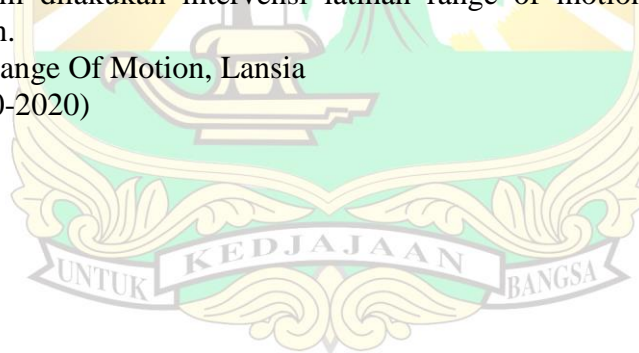
LITERATURE REVIEW : PENINGKATAN KEKUATAN OTOT PADA PASIEN
LANSIA PASCA STROKE DENGAN LATIHAN RANGE OF MOTION

ABSTRAK

Penyakit stroke adalah suatu kondisi perubahan neurologis dan mengalami keterlambatan pergerakan yang berdampak pada penurunan kekuatan otot terutama pada lansia. Masalah kesehatan yang sering terjadi pada lansia yaitu masalah pada sistem muskuloskeletal yang menyebabkan kelemahan otot, sehingga dibutuhkan mobilisasi dini berupa latihan Range Of Motion untuk meningkatkan kekuatan otot pada pasien lansia pasca stroke secara rutin dan terkontrol dilakukan 2x dalam sehari selama satu bulan dengan frekuensi waktu seama 10-20 menit. Metode penelitian ini berupa literature review dengan cara mencari artikel dari database. Peneliti menggunakan tiga database yaitu Google Scholar, PubMed, dan ScienceDirect dengan rentan waktu tahun dari 2015-2020. Artikel dicari dengan menggunakan kata kunci yang sudah ditentukan peneliti dan kemudian artikel-artikel di ekstrak berdasarkan kriteria inklusi dan eksklusi dengan menggunakan protokol PRISMA. Sehingga ditemukan sepuluh artikel untuk dianalisis. Penelitian ini difokuskan pada lansia dengan usia 50-65 tahun. Peningkatan kekuatan otot pada pasien lansia pasca stroke dengan latihan range of motion banyak menggunakan dengan metode pre test posttest desain. Kesimpulan dari literature review ini bahwa adanya peningkatan kekuatan otot pada pasien lansia pasca stroke dengan latihan range of motion yang signifikan dari sebelum dilakukan intervensi latihan range of motion dan setelah dilakukan latihan range of motion.

Kata Kunci : Stroke, Range Of Motion, Lansia

Daftar Pustaka : (2010-2020)



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LITERATURE REVIEW : IMPROVEMENT OF MUSCLE STRENGTH IN PATIENTS
POST STROKE LANSIA WITH RANGE OF MOTION TRAINING

ABSTRACT

Stroke is a condition of neurological changes and delays in movement which results in decreased muscle strength, especially in the elderly. Health problems that often occur in the elderly, namely problems in the musculoskeletal system that cause muscle weakness, so early mobilization is needed in the form of Range Of Motion exercises to increase muscle strength in elderly patients after stroke regularly and in a controlled manner twice a day for one month with the same time frequency. 10-20 minutes. This research method is a literature review by searching for articles from the database. Researchers used three databases, namely Google Scholar, PubMed, and ScienceDirect with vulnerable time years from 2015-2020. Articles were searched using keywords that have been determined by the researcher and then the articles were extracted based on inclusion and exclusion criteria using the PRISMA protocol. So that ten articles were found to be analyzed. This study focused on elderly people aged 50-65 years. The increase in muscle strength in elderly patients after stroke with range of motion exercises uses the pre-test post-test method. The conclusion from this literature review is that there is an increase in muscle strength in elderly patients after stroke with a significant range of motion exercise from before the range of motion exercise intervention and after range of motion exercise. This study focused on elderly people aged 50-65 years. The increase in muscle strength in elderly patients after stroke with range of motion exercises uses the pre-test post-test method. The conclusion from this literature review is that there is an increase in muscle strength in elderly patients after stroke with a significant range of motion exercise from before the range of motion exercise intervention and after range of motion exercise. This study focused on elderly people aged 50-65 years. The increase in muscle strength in elderly patients after stroke with range of motion exercises uses the pre-test post-test method. The conclusion from this literature review is that there is an increase in muscle strength in elderly patients after stroke with a significant range of motion exercise from before the range of motion exercise intervention and after range of motion exercise.

Keywords: Stroke, Range Of Motion, Muscle Strength

Bibliography: (2010-2020)