

**SEKOLAH TINGGI ILMU KESEHATAN
BINA HUSADA PALEMBANG
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NAMA : NANDA GUMILANG

**ANALISIS ASUHAN KEPERAWATAN PASIEN STROKE NON
HEMORAGIK PADA Tn.S DAN INTERVENSI BRIDGING EXERCISE
DENGAN MASALAH GANGGUAN MOBILITAS
FISIK DI RUANG NEUROLOGI RAWAS 1.1 RS MOHAMMAD HOESIN
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(xvii + 127 Halaman + 6 Lampiran)**

ABSTRAK

Penderita stroke cenderung akan mengalami gangguan kekuatan otot khususnya kekuatan otot glutei yang menunjang manusia untuk melakukan kegiatan ambulasi. Salah satu latihan penguatan sekaligus stabilisasi yang baik pada glutei adalah Bridging exercise. **Penelitian** ini bertujuan untuk mengetahui pengaruh Bridging Exercise terhadap peningkatan kekuatan otot *glutei* dengan menerapkan asuhan keperawatan pada pasien stroke dengan intervensi bridging exercise. **Metode** penelitian yang digunakan adalah analisis deskriptif dengan pendekatan studi kasus, melibatkan pengkajian, diagnosa keperawatan, intervensi, implementasi, dan evaluasi asuhan keperawatan selama 3 x 24 jam. Studi berfokus pada pasien Tn. S yang mengalami stroke dengan kelemahan pada ekstremitas kanannya. Intervensi berupa bridging exercise yang dilakukan selama tiga hari dengan dosis tiga kali sehari. **Terdapat** tiga masalah keperawatan yang muncul pada kasus kelolaan yaitu risiko perfusi serebral tidak efektif, gangguan mobilitas fisik, dan risiko jatuh. Intervensi yang diberikan adalah manajemen peningkatan TIK, bridging exercise, dan pencegahan jatuh. Dari hasil evaluasi, terjadi peningkatan kekuatan otot glutei setelah pasien diberikan bridging exercise. **Intervensi** bridging exercise yang dilakukan selama tiga hari dengan dosis tiga kali sehari memberikan perubahan peningkatan kekuatan otot pada pasien stroke.

Kata kunci : Stroke, Hemiparesis, Gangguan mobilitas fisik, Asuhan Keperawatan, Bridging Exercise.

Daftar Pustaka : 46 (1995 – 2024).

**INSTITUTE OF HEALTH SCIENCE
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**ANALYSIS OF NURSING CARE FOR NON-HEMORRHAGIC STROKE
PATIENTS IN Mr.S AND BRIDGING EXERCISE INTERVENTION WITH
MOBILITY IMPAIRMENT PROBLEMS**

**PHYSICS IN RAWAS NEUROLOGY ROOM 1.1 MOHAMMAD HOESIN
Hospital PALEMBANG IN 2024**

(xvii + 127 Pages + 6 Attachments)

ABSTRACT

Stroke sufferers tend to experience impaired muscle strength, especially gluteal muscle strength, which supports humans in carrying out ambulance activities. One good strengthening and stabilization exercise for the glutes is the Bridging exercise. **This study** aims to determine the effect of Bridging Exercise on increasing gluteal muscle strength by implementing nursing care for stroke patients with bridging exercise intervention. The research method used is descriptive analysis with case study approach, involving assessment, nursing diagnosis, intervention, implementation and evaluation of nursing care for 3 x 24 hours. The study focused on patients Mr. S experienced a stroke with weakness in his right extremity. The intervention took the form of bridging exercise which was carried out for three days at a dose three times a day. **There** were three nursing problems that emerged in managed cases, namely the risk of ineffective cerebral perfusion, impaired physical mobility, and the risk of falls. The interventions provided are management of increased ICP, bridging exercise, and fall prevention. From the evaluation results, there was an increase in gluteal muscle strength after the patient was given bridging exercises. **Bridging exercise** intervention carried out for three days at a dose three times a day provides changes in increasing muscle strength in stroke patients.

Keywords: Stroke, Hemiparesis, Impaired physical mobility, Nursing Care, Bridging Exercise.

Bibliography: 46 (1995 – 2024).