

**PROGRAM STUDI PROFESI NERS
JURUSAN KEPERAWATAN
POLITEKNIK KESEHATAN KEMENKES JAMBI
Karya Ilmiah Akhir Ners, 19 Juni 2025**

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**PENERAPAN MOBILISASI DAN MASSAGE TERHADAP PENCEGAHAN LUKA
TEKAN PADA PASIEN STROKE HEMORAGIK DI RUANG ICU RSUD RADEN
MATTATHER TAHUN 2025**

LXXIX, 53 Halaman, 2 Tabel, 6 Gambar, 5 Lampiran

ABSTRAK

Latar Belakang. Stroke merupakan gangguan fungsi saraf yang disebabkan oleh gangguan aliran darah ke otak. Pengaruh mobilisasi dan massage terhadap resiko luka tekan pada pasien stroke, Stroke hemoragik terjadi ketika pembuluh darah di otak mengalami pecah, menyebabkan darah mengalir ke area sekitarnya secara tidak normal. Stroke dapat menyebabkan pasien harus berbaring dalam waktu lama dan tidak dapat beraktivitas, yang berisiko menimbulkan luka tekan. Dalam penatalaksanaan pasien stroke, terapi komplementer seperti pijat (*massage*) dan mobilisasi miring kanan dan kiri yang memiliki peran penting dalam mencegah dekubitus adalah *massage*

Metode. Studi kasus ini menggunakan desain deskriptif, yaitu studi kasus yang menghasilkan data deskriptif berupa kata-kata tertulis atau lisan dari orang-orang tertentu dan perlakuan yang dapat diamati. Subjek berjumlah 2 orang. Pengumpulan data dari tanggal 05 Mei -14 Mei 2025 di ruang ICU RSUD Raden Mattaher Jambi. Analisis data menggunakan skla braden.

Hasil. Hasil observasi pengkajian menggunakan skala braden setelah diberikan intervensi hari pertama yaitu dengan skor 11 dan hasil telah diberikan intervensi hari terakhir yaitu dengan skor 15. Denga kateгоре resiko ringan.

Kesimpulan. Ada perkembangan resiko luka tekan setelah dilakukan mobilisasi dan massage pada pasien stroke hemoragik di ruang ICU RSUD Raden Mattaher

Kata Kunci :Resiko gangguan integritas kulit/jaringan, Massage, Mobilisasi,Luka Tekan, Stroke Hemoragik

PROFESSIONAL STUDY PROGRAM OF NURSING
NURSING DEPARTMENT
HEALTH POLYTECHNIC MINISTRY OF HEALTH JAMBI
Final Scientific Paper of Nurses, June 19, 2025

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**APPLICATION OF MOBILIZATION AND MASSAGE TOWARDS PREVENTION OF
PRESSURE WOUNDS IN HEMORRHAGIC STROKE PATIENTS IN THE ICU ROOM
OF RADEN MATTATHER HOSPITAL IN 2025**

LXXIX, 53 Pages, 2 Tables, 6 Figures, 5 Attachments

ABSTRACT

Background Stroke is a neurological disorder caused by impaired blood flow to the brain. Hemorrhagic stroke occurs when a blood vessel in the brain ruptures, causing blood to flow abnormally into surrounding areas. Stroke patients often need to remain bedridden for extended periods and are unable to engage in physical activity, which increases the risk of pressure ulcers. In stroke patient management, complementary therapies such as massage and side-to-side mobilization (right and left) play an important role in preventing decubitus ulcers, with massage being a key intervention.

Method This case study uses a descriptive design, producing qualitative data in the form of written or spoken words from specific individuals and observable treatments. The study involved 2 subjects. Data collection took place from May 5 to May 14, 2025, in the ICU of RSUD Raden Mattaher Jambi. Data analysis was conducted using the Braden Scale.

Results Observations using the Braden Scale showed that after the first day of intervention, the score was 11. By the final day of intervention, the score had increased to 15, indicating a low-risk category for pressure ulcers.

Conclusion There was an improvement in pressure ulcer risk following mobilization and massage interventions in hemorrhagic stroke patients in the ICU of RSUD Raden Mattaher.

Keywords Risk of impaired skin/tissue integrity, Massage, Mobilization, Pressure Ulcers, Hemorrhagic Stroke