ABSTRAK

SITI REVALINA AHMAD. Pengaruh Penerapan Discharge Planning ROM Dan Ambulasi Terhadap Kesiapan Keluarga Dalam Merawat Pasien Pasca Stroke Di RSUD. Prof. Dr. H. Aloei Saboe Kota Gorontalo. Di bimbing oleh **FADLI SYAMSUDDIN** Sebagai ketua dan **ASNI H. AYUBA** Sebagai Anggota

Stroke merupakan salah satu penyakit utama penyebab kecacatan dan kematian di dunia. Pasien pasca stroke membutuhkan perawatan yang optimal. Discharge planning mencakup Latihan Range Of Motion (ROM) dan Ambulasi diharapkan dapat meningkatkan kesiapan keluarga dalam merawat pasien pasca stroke. **Tujuan** : Untuk menganalisis pengaruh penerapan discharge planning ROM dan Ambulasi terhadap kesiapan keluarga dalam merawat pasien pasca stroke. **Desain Penelitian** : Menggunakan pendekatan kuantitatif dengan metode quasy eksperimen one group pretest dan posttest. Penelitian melibatkan 17 responden yang dipilih secara purposive sampling. Dikumpulkan melalui kuesioner yang mengukur tingkat kesiapan keluarga sebelum dan sesudah diberikan discharge planning. Analisa data menggunakan uji statistika parametrik *paried t-test*. **Hasil Penelitian** : Menununjukkan peningkatan kesiapan keluarga dari 67% kesiapan rendah menjadi 70,6% kesiapan baik, dengan p-value 0.000 < 0.05 menunjukkan efek yang signifikan dari discharge planning ROM dan ambulasi **Kesimpulan** : Penerapan discharge planning dengan ROM dan ambulasi dapat meningkatkan kesiapan keluarga dalam merawat pasien pasca stroke. Sebelum intervensi, kesiapan keluarga masih rendah, tetapi meningkat signifikan setelah diberikan edukasi dan latihan. Discharge planning yang terstruktur terbukti penting dalam perawatan pasien pasca stroke ketika dipulangkan ke rumah **Saran :** Penelitian ini dapat memperkaya teori keperawatan tentang discharge planning ROM dan ambulasi serta diharapkan dapat meningkatkan kualitas pelayanan kesehatan, memperkuat edukasi keluarga, dan mendorong penelitian lebih lanjut di bidang perawatan stroke.

Kata Kunci : Ambulasi, Discharge Planning, Kesiapan Keluarga, Range Of Motion, Stroke.

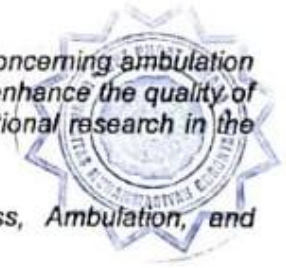
ABSTRACT

SITI REVALINA AHMAD. *Discharge Planning ROM and Ambulation's Impact on Family Preparedness for Post-Stroke Patient Care in Regional Hospitals. Gorontalo City's Prof. Dr. H. Aloei Saboe. With* ***ASNI H. AYUBA*** *as a member and* ***FADLI SYAMSUDDIN*** *as chairman,*

One of the leading causes of death and disability worldwide is stroke. Patients who have had a stroke require the best care. Range of Motion (ROM) and Ambulation Exercises are part of discharge preparation, and they are supposed to improve family preparedness for post-stroke patient care.
Goal: To examine how family preparedness for post-stroke patient care is affected by the use of discharge planning ambulation and range of motion.
Design of the Research: One group was given a pretest and a posttest using a quantitative, quasi-experimental methodology. Purposive sampling was used to identify 17 respondents for the study. gathered using a survey.
Assess the family's preparedness both before and after receiving discharge planning. Parametric statistical tests, such as the t-test, were utilized in data analysis.

The study's findings indicate that discharge planning has a substantial impact on ROM and ambulation, as evidenced by the rise in family readiness from 67% low readiness to 70.6% good readiness, with a p-value of 0.000 < 0.05.
discharge planning can improve family preparedness for post-stroke patient care. Family readiness was still poor prior to the intervention, but it dramatically improved after receiving instruction and training. When it comes to the treatment of stroke patients after they are sent home, structured discharge planning has proven crucial.

Recommendation: This study can enhance nursing theory concerning ambulation and range of motion discharge planning. It is anticipated to enhance the quality of health services, fortify family education, and stimulate additional research in the area of stroke treatment.



Keywords: *Stroke, Range of Motion, Family Readiness, Ambulation, and Discharge Planning.*