

INTISARI

Latar Belakang: Pasien ICU mengalami imobilisasi sebagai kondisi dari hospitalisasi. Imobilisasi dapat menyebabkan pasien mengalami penurunan fungsional tubuh yang akan berefek pada perubahan ROM (*Range of Motion*) yang di kemudian hari dapat menyebabkan penurunan kemampuan pasien dalam melakukan ADL (*Activity Daily Living*) dan menyebabkan kontraktur.

Tujuan Penelitian: untuk mengetahui hubungan hospitalisasi pasien di ruang ICU terhadap perubahan ROM pasien di RSUP Dr.Sardjito.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain *cross-sectional*. Populasi pada penelitian ini adalah pasien ICU RSUP Dr.Sardjito yang dirawat ≥ 1 hari di ICU selama bulan Juli hingga September 2019. Penelitian ini menggunakan lembar observasi ROM dan alat ukur Goniometer. Lembar observasi ROM berisi 24 item yang diukur mencakup sendi siku, lengan bawah, pergelangan tangan, dan pergelangan kaki. Hasil pengukuran ROM berupa derajat. Pengambilan sampel menggunakan teknik random sampling dengan total responden sebanyak 14. Analisis data yang digunakan pada penelitian ini yaitu Korelasi Pearson.

Hasil: Hasil penelitian menunjukkan nilai rata-rata hospitalisasi sebesar $15,28 \pm SD 12,724$ dan perubahan ROM $94,42 \pm 568,062$, dengan nilai signifikansi korelasi antara hospitalisasi dan perubahan ROM sebesar $0,882 (p>0,05)$.

Kesimpulan: Tidak ada hubungan yang signifikan antara hospitalisasi dengan perubahan ROM pada pasien ICU RSUP Dr.Sardjito

Kata kunci: Hospitalisasi ICU, Perubahan ROM (*Range of Motion*), Pasien ICU

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ABSTRACT

Background: Patients in ICU experience mobilization as part of hospitalization. Immobilization can cause functional impairment of the body, resulting in ROM change. This might lead to the decrease of the patients' ability to perform ADL (Activity Daily Living) and contractures.

Research Objective: to identify the relationship between hospitalization of patients' in ICU and their ROM change at RSUP Dr.Sardjito.

Method: This quantitative research employs cross-sectional design. The population includes patients in the ICU of RSUP Dr.Sardjito who had been treated for more than equal to one day (≥ 1) in the ICU from July to September 2019. ROM Observation sheet and Goniometer were used. The ROM Observation sheet contained 24 items covering elbow joints, forearms, wrists, and ankles. The ROM was measured in degree. The sample was collected using random sampling technique. The respondents were 14. This study using data analysis Pearson Correlation.

Findings: The average value of hospitalization was $15.28 \pm SD 12.724$ and ROM changes were 94.42 ± 568.062 , with a significant correlation value between hospitalization and ROM changes of $0.882 (p > 0.05)$.

Conclusions: There is no significant relationship between hospitalization and the ROM of patients in the ICU of RSUP Dr.Sardjito.

Keywords: ICU hospitalization, ROM (*Range of Motion*) change, ICU patients

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