

PENGARUH PENATALAKSANAAN ROM TERHADAP PENINGKATAN PERGERAKAN SENDI PADA PASIEN GANGGUAN EKTERMITAS DI RUANG TERAPI RUMAH SAKIT ROYAL PRIMA MEDAN TAHUN 2025

ABSTRAK

Pasien dengan gangguan ektermitas merupakan masalah yang sangat mengganggu aktivitasnya sehari-hari, hal ini dikarenakan ektermitas merupakan salah satu alat gerak yang akan selalu digunakan dalam melakukan gerakan dalam mendukung aktivitas. Adapun tujuan penelitian ini adalah pengaruh penatalaksanaan ROM terhadap peningkatan pergerakan sendi pada pasien gangguan ekstremitas di ruang terapi Rumah Sakit Royal Prima Tahun 2025. Penelitian ini dilakukan dengan jenis eksperimen semu melalui rancangan penelitian *one group pre-test* dan *post-test design* dimana satu kelompok subjek penelitian diobservasi sebelum dilakukan intervensi, kemudian kelompok penelitian tersebut diobservasi kembali setelah dilakukan intervensi. Populasi penelitian diambil dari seluruh jumlah pasien penderita rematik yang mengalami gangguan ektermitas di ruang rawat inap. Teknik *accidental sampling* yaitu mengambil sampel yang kebetulan ada pada saat penelitian dilakukan. Sampel penelitian adalah seluruh pasien yang menderita penyakit rematik mengalami permasalahan atau gangguan pada ektermitas yang dirawat inap di Rumah Sakit Royal Prima Medan sebanyak 30 orang. Analisis data penelitian dengan univariat dan bivariat. Hasil penelitian menjelaskan bahwa ada pengaruh penatalaksanaan ROM terhadap peningkatan pergerakan sendi pada pasien gangguan ekstremitas di ruang terapi Rumah Sakit Royal Prima Medan diperoleh hasil dengan nilai Pvalue 0,004 dan Z -3,790.

Kata Kunci : ROM, pergerakan sendi, gangguan ekstremitas.

THE EFFECT OF ROM MANAGEMENT ON INCREASING JOINT MOVEMENT IN PATIENTS WITH EXTERMITY DISORDERS IN THE THERAPY ROOM OF ROYAL PRIMA HOSPITAL MEDAN IN 2025

ABSTRACT

Patients with extremity disorders are a problem that really interferes with their daily activities, this is because the extremities are one of the means of movement that will always be used to carry out movements to support activities. The aim of this research is the effect of ROM management on increasing joint movement in patients with extremity disorders in the therapy room at Royal Prima Hospital in 2025. This research was conducted as a quasi-experimental type through a one group pre-test and post-test design where one group of research subjects was observed before the intervention was carried out, then the research group was observed again after the intervention was carried out. The research population was taken from the entire number of patients suffering from rheumatism who experienced extremity disorders in the inpatient room. The accidental sampling technique is taking samples that happened to be available at the time the research was conducted. The research sample was all 30 patients suffering from rheumatic diseases who experienced problems or disorders in the extremities who were hospitalized at the Royal Prima Medan Hospital. Analysis of research data using univariate and bivariate. The results of the study explain that there is an effect of ROM management on increasing joint movement in patients with extremity disorders in the therapy room at the Royal Prima Hospital in Medan. Results were obtained with a P value of 0.004 and a Z value of -3.790.

Keywords: ROM, joint movement, extremity disorders