

## ABSTRAK

### Penerapan Latihan Jalan Tandem Terhadap Penurunan Resiko Jatuh Pada Lansia Dengan Stroke Di Puskesmas Pampang

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**Latar Belakang :** *Stroke* adalah gangguan fungsi saraf yang disebabkan oleh gangguan peredaran darah ke otak. Lansia mengalami penurunan fungsi neurologis, sensoris dan muskuloskeletal berakibat menurunnya keseimbangan sehingga meningkatkan risiko jatuh. Untuk mengatasinya, perlu dilakukan latihan keseimbangan seperti latihan *tandem walking*. Studi ini bertujuan untuk menganalisis adanya penurunan risiko jatuh setelah diberikan latihan *tandem walking* pada lansia.

**Metode :** Instrumen yang digunakan yakni *TimexUp and Go* (TuG) dan *Morse Fall Score* (MFS).

**Hasil Asuhan Keperawatan :** Hasil menunjukkan ada nya perubahan dalam menjaga keseimbangan klien dan memberikan informasi berupa pendidikan kesehatan pada klien dengan stroke serta metode pencegahan jatuh dengan Teknik Latihan jalan Tandem.

**Kesimpulan :** latihan *tandem walking* efektif meningkatkan keseimbangan dan menurunkan risiko jatuh pada lansia.

Kata Kunci : Stroke Non Hemorogik, Keseimbangan, Jalan Tandem

Daftar Pustaka : (2019-2022)

## ABSTRACT

### IMPLEMENTATION OF TANDEM WALKING EXERCISE TO REDUCE THE RISK OF FALLS IN ELDERLY WITH STROKE AT PAMPANG HEALTH CENTER

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***Background*** : stroke is a disorder of nerve function caused by impaired blood circulation to the brain. Elderly people experience decreased neurological, sensory and musculoskeletal function resulting in decreased balance, thus increasing the risk of falls. To overcome this decrease in the risk of falls after being given tandem walking training in the elderly.

***Method*** : the instruments used were TimexUp and Go (TuG) and Morse Fall Score (MFS)

***Nursing Care Results*** : the result show that there are changes in maintaining the client's balance and providing information in the form of health education for clients with stroke as well as fall prevention methods with tandem walking exercise techniques.

***Conclusion*** : tandem walking exercises are effective in improving balance and reducing the risk of falls in the elderly.

***Keywords:*** Non-Hemorrhagic Stroke, Balance, Tandem Walking

***Reference:*** (2019-2022)