

ABSTRAK

PENERAPAN TERAPI *BRANDT DAROFF* UNTUK MENURUNKAN RISIKO JATUH PASIEN *BENIGN PAROXYSMAL POSITIONAL VERTIGO* DI IGD IBNU SINA YW UMI MAKASSAR

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Benign Paroxysmal Positional Vertigo merupakan salah satu penyebab tersering vertigo perifer yang ditandai dengan sensasi berputar secara tiba-tiba, singkat, dan dipicu oleh perubahan posisi kepala. Tujuannya untuk mengadaptasi sistem vestibular terhadap perubahan posisi kepala yang memicu vertigo untuk menurunkan risiko jatuh, meningkatkan kualitas hidup, dan meningkatkan keseimbangan tubuh. Penatalaksanaan non farmakologi yang dapat diterapkan pada pasien *Benign Benign Paroxysmal Positional Vertigo* terapi ini dilakukan Setiap sesi terdiri dari 5 kali pengulangan (pergiliran sisi kiri dan kanan), Setiap gerakan (berbaring ke satu sisi, duduk, lalu ke sisi lain) memakan waktu sekitar 30 detik–1 menit per posisi, Total waktu per sesi: sekitar 10–15 menit, 2–3 kali per hari, biasanya pagi, siang, dan malam. Hasil dari menunjukkan bahwa terapi *Brandt-Daroff* efektif dalam mengurangi gejala vertigo, menurunkan risiko jatuh pada pasien, terapi ini juga membantu memperbaiki keseimbangan tubuh secara keseluruhan, sehingga risiko jatuh dapat ditekan secara signifikan, terutama pada pasien usia lanjut. Kesimpulan bahwa ada pengaruh penerapan terapi *brandt daroff* pada penurunan risiko jatuh.

Kata Kunci : *Benign Paroxysmal Positional Vertigo, Brandt Daroff, Risiko Jatuh.*

ABSTRACT

IMPLEMENTATION OF BRANDT DAROFF THERAPY TO REDUCE THE RISK OF FALLS IN PATIENTS WITH BENIGN PAROXYSMAL POSITIONAL VERTIGO IN THE IBNU ER SINA YW UMI MAKASSAR

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Benign Paroxysmal Positional Vertigo is one of the most common causes of peripheral vertigo, characterized by a sudden and brief spinning sensation triggered by changes in head position. The primary goal of treatment is to help the vestibular system adapt to these positional changes, which in turn helps reduce the risk of falls, improve quality of life, and enhance postural balance. A non-pharmacological intervention that can be applied to patients with BPPV is the Brandt-Daroff exercise. Each session consists of five repetitions, alternating between the left and right sides. Every movement (lying on one side, sitting up, then switching to the opposite side) is maintained for approximately 30 seconds to 1 minute per position. The total duration per session is about 10–15 minutes, and it is recommended to perform the exercises 2–3 times daily—typically in the morning, afternoon, and evening. Research has shown that Brandt-Daroff therapy is effective in reducing vertigo symptoms and lowering the risk of falls in patients. This therapy also improves overall body balance, thereby significantly minimizing the risk of falls, especially in elderly individuals. Conclusion: The implementation of Brandt-Daroff therapy has a significant impact on reducing the risk of falls in patients with BPPV. positive effect in decreasing the risk of falls and alleviating vertigo symptoms.

Keywords: Benign Paroxysmal Positional Vertigo, Brandt-Daroff Exercises, Risk of Falling.