

ABSTRAK

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Latar Belakang: *Cerebro Vaskuler Accident* atau CVA biasa dikenal oleh masyarakat dengan istilah stroke merupakan kelainan yang terjadi pada organ otak, berupa sumbatan pembuluh darah otak yang secara klinis stroke dibagi menjadi stroke non hemoragik dan hemoragik. Penatalaksanaan di IGD tidak hanya mencakup terapi farmakologis tetapi juga intervensi nonfarmakologis seperti pengaturan posisi tubuh untuk mendukung ventilasi optimal. Posisi head up 30° dilaporkan efektif meningkatkan saturasi oksigen pasien dengan gangguan pernapasan.

Tujuan: Untuk mengetahui pengaruh pemberian posisi *head up* 30° terhadap peningkatan saturasi oksigen pada pasien dengan penurunan kesadaran Stroke non hemoragik

Metode: Studi kasus ini dilakukan pada seorang pasien laki-laki berusia 61 tahun dengan diagnosis stroke non hemoragik. Pengkajian komprehensif dilakukan, diagnosis keperawatan ditegakkan, dan intervensi berupa posisi head up 30° disertai pemberian oksigen, edukasi teknik napas efektif, serta terapi kolaboratif diberikan. Evaluasi dilakukan setelah 1 × 8 jam perawatan.

Hasil: Setelah penerapan posisi head up 30° dengan oksigen NRM 13 LPM selama 1 × 8 jam, saturasi oksigen pasien meningkat dari 85 % menjadi 99%, frekuensi napas menurun dari 30 x/menit menjadi 22 x/menit, penggunaan otot bantu napas berkurang, dan keluhan sesak napas menurun.

Kesimpulan: Penerapan posisi head up 30° efektif sebagai intervensi nonfarmakologis dalam meningkatkan saturasi oksigen pada pasien penurunan kesadaran Stroke non hemoragik di ruang IGD RS Ibnu Sina. Intervensi sederhana ini dapat dijadikan bagian dari protokol awal penatalaksanaan pasien asma bronchial di IGD.

Kata Kunci: Stroke NHS; IGD, Posisi Head up 30°; Saturasi oksigen

ABSTRACT

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Background: Cerebrovascular Accident (CVA), commonly known as stroke, is a brain disorder characterized by a blockage of blood vessels in the brain. Clinically, strokes are divided into non-hemorrhagic and hemorrhagic strokes. Emergency room management includes not only pharmacological therapy but also non-pharmacological interventions, such as adjusting body position to support optimal ventilation. The 30° head up position has been reported to be effective in increasing oxygen saturation in patients with respiratory distress.

Objective: To determine the effect of the 30° head up position on increasing oxygen saturation in patients with decreased consciousness due to non-hemorrhagic stroke.

Methods: This case study was conducted on a 61-year-old male patient diagnosed with non hemorrhagic stroke. A comprehensive assessment was conducted, a nursing diagnosis was established, and interventions included a 30° head up position with oxygen administration, education on effective breathing techniques, and collaborative therapy. Evaluation was conducted after 8 hours of care

Results: After applying the 30° head up position with NRM oxygen 13 LPM for 1 x 8 hours, the patient's oxygen saturation increased from 85% to 99%, the respiratory rate decreased from 30 x/minute to 22 x/minute, the use of accessory respiratory muscles decreased, and complaints of shortness of breath decreased.

Conclusion: 30° head up positioning is an effective non-pharmacological intervention in increasing oxygen saturation in patients with bronchial asthma in the emergency room at Ibnu Sina Hospital. This simple intervention can be incorporated into the initial management protocol for patients with bronchial asthma in the emergency room.

Keywords: NHS Stroke; Emergency Department, Head up position 30°; Oxygen saturation