

**ASUHAN KEPERAWATAN PASIEN STROKE NON HEMORAGIK (SNH)
DENGAN RISIKO ASPIRASI DAN TINDAKAN SHAKER EXERCISE DI
RUANG DAHLIA RUMAH SAKIT UMUM DAERAH MAJENANG**

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ABSTRAK

Latar Belakang : SNH adalah penurunan fungsi otak karena suplai darah ke otak tidak lancar atau terhambat akibat penyumbatan atau penyempitan pembuluh darah. **Tujuan :** menggambarkan pengelolaan asuhan keperawatan pada pasien dengan gangguan menelan dan tindakan *shaker exercise*. **Metode :** Desain karya ilmiah ini deskripsi dalam bentuk studi kasus, Subjek ini berjumlah 1 kasus dengan Risiko aspirasi pada pasien SNH. **Hasil :** Setelah diberikan tindakan *shaker exercise* 2x24 jam menunjukkan pasien mampu menelan sedikit demi sedikit. **Kesimpulan :** Dari studi kasus ini disimpulkan implementasi keperawatan terapi *shaker exercise* 2x24 jam status menelan teratasi. **Saran :** Diharapkan dengan melakukan penelitian ini, peneliti mengerti dan dapat mengaplikasikan intervensi inovasi ini ketika di tempat kerja maupun di masyarakat.
Kata Kunci : SNH, Risiko Aspirasi, *Shaker Exercise*

ABSTRACT

Background : SNH is a decrease in brain function because the blood supply to the brain is not smooth or is hampered due to blockage or narrowing of the blood vessels. **Objective:** to describe the management of nursing care in patients with swallowing disorders and shaker exercise actions. **Methods :** The design of this scientific work is a description in the form of a case study. This subject amounted to 1 case with swallowing disorders in SNH patients. **Results :** After being given the 2x24 hour shaker exercise action, it showed that the patient was able to swallow little by little. **Conclusion :** From this case study, it was concluded that the implementation of nursing in the semi-fowler's position 2x24 hours, breathing pattern disturbances were partially resolved. **Suggestion:** It is hoped that by conducting this research, researchers understand and can apply this innovative intervention at work and in society.
Keywords: SNH, Swallowing Disorders, *Shaker Exercise*.