

Pengaruh latihan graded repetitive ARM supplementary program (GRASP) terhadap fungsi anggota gerak atas dan kualitas hidup pasien stroke = The effect of graded repetitive ARM supplementary program (GRASP) exercise in improving upper extremity function and quality of life in stroke patients

Rigina Nilandrani, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20455671&lokasi=lokal>

Abstrak

ABSTRAK

Latar Belakang Gangguan fungsi anggota gerak atas akibat hemiparesis dapat menurunkan kualitas hidup pasienstroke. Latihan secara aktif dapat meningkatkan proses neuroplastisitas susunan saraf pusat pasca stroke. LatihanGraded Repetitive Arm Supplementary Program GRASP merupakan metode latihan spesifik untuk anggota gerakatas dan dapat diberikan sebagai program latihan di rumah. Tujuan penelitian ini untuk menilai pengaruh latihanGRASP pada fungsi anggota gerak atas dan kualitas hidup pasien stroke. Metode: Desain pre-post-test. Pasienstroke dengan skor total Fugl Meyr Assessment anggota gerak atas adalah10-57. Program latihan GRASP di rumahselama 6 minggu. Evaluasi fungsi anggota gerak menggunakan Chedoke Arm and Hand Activity Inventory CAHAI dan kualitas hidup menggunakan Stroke-Specific Quality of Life SSQOL . Subyek diminta mencatatkeluhan yang ada selama latihan. Hasil: Total subjek 24 orang. Rerata usia 57.75 6.92 tahun. Hasil CAHAI danSSQOL setelah 6 minggu latihan lebih tinggi dibandingkan awal. Rerata perubahan skor CAHAI dan SSQOLantara sebelum dan sesudah pemberian latihan GRASP selama 6 minggu adalah 27.96 12.35 p

<hr />

ABSTRACT

Background Upper extremity weakness after stroke impair patients rsquo acitivities and reduce their quality of life.Acive exercise increased the central neural system neuroplastity after stroke. Graded Repetitive ArmSupplementary Program GRASP exercise is an upper extremity specific training program and given as homeprogram. The purposes of this study are to determine the benefit of this exercise to upper extremity function andquality of life in stroke patients. Methods A pre post test design. Stroke patients with total upper extremitiesmotor Fugl Meyr Assessment scores 10 57. GRASP as 6 week home program. Evaluation of upper extremityfunction using Chedoke Arm and Hand Activity Inventory CAHAI and quality of life using Stroke SpecificQuality of Life SSQOL . The adverse effect during exercise were noted. Results Total subject is 24. Mean agesof 57.75 6.92 year old. The post 6 weeks GRASP exercise CAHAI and SSQOL scores were higher than the pretest. The mean difference of CAHAI and SSQOL scores between pre and post 6 weeks GRASP exercise are27.96 12.35 p