

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

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Abstrak

ABSTRAK

Latar Belakang Gangguan fungsi anggota gerak atas akibat hemiparesis dapat menurunkan kualitas hidup pasien stroke. Latihan secara aktif dapat meningkatkan proses neuroplastisitas susunan saraf pusat pasca stroke. Latihan Graded Repetitive Arm Supplementary Program GRASP merupakan metode latihan spesifik untuk anggota gerak atas dan dapat diberikan sebagai program latihan di rumah. Tujuan penelitian ini untuk menilai pengaruh latihan GRASP pada fungsi anggota gerak atas dan kualitas hidup pasien stroke. Metode: Desain pre-post-test. Pasien stroke dengan skor total Fugl Meyer Assessment anggota gerak atas adalah 10-57. Program latihan GRASP di rumah selama 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 mencatat keluhan yang ada selama latihan. Hasil: Total subjek 24 orang. Rerata usia 57.75 ± 6.92 tahun. Hasil CAHAI dan SSQOL setelah 6 minggu latihan lebih tinggi dibandingkan awal. Rerata perubahan skor CAHAI dan SSQOL antara sebelum dan sesudah pemberian latihan GRASP selama 6 minggu adalah 27.96 ± 12.35 p

ABSTRACT

Background Upper extremity weakness after stroke impair patients' activities and reduce their quality of life. Active exercise increased the central neural system neuroplasticity after stroke. Graded Repetitive Arm Supplementary Program GRASP exercise is an upper extremity specific training program and given as home program. The purposes of this study are to determine the benefit of this exercise to upper extremity function and quality of life in stroke patients. Methods A pre post test design. Stroke patients with total upper extremities motor Fugl Meyer Assessment scores 10-57. GRASP as 6 week home program. Evaluation of upper extremity function using Chedoke Arm and Hand Activity Inventory CAHAI and quality of life using Stroke Specific Quality of Life SSQOL. The adverse effect during exercise were noted. Results Total subject is 24. Mean age of 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 are 27.96 ± 12.35 p