

## Analisis Asuhan Keperawatan Risiko Jatuh dengan Penerapan Intervensi Foot and Ankle Exercise Program pada Lanjut Usia = Analysis of Risk for Falls Nursing Care with the Application of Foot and Ankle Exercise Program Interventions in Older Adults

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### Abstrak

Kejadian jatuh berdampak pada kondisi fisik lansia. Upaya-upaya untuk mencegah kejadian jatuh sangat penting dilakukan. Kejadian jatuh dapat dicegah dengan melakukan mobilisasi progresif yang meliputi latihan mobilisasi, latihan rentang gerak sendi (ROM) baik aktif maupun pasif, latihan kekuatan otot, dan latihan keseimbangan. Latihan Foot and Ankle merupakan program latihan yang dirancang untuk mengurangi risiko jatuh dengan melatih kekuatan otot dan keseimbangan. Rentang gerak kaki, pergelangan kaki, hingga jari kaki berperan penting dalam menstabilkan kaki selama berdiri dan berjalan, rentang gerak yang memadai pada pergelangan dan jari kaki diperlukan untuk melakukan fungsi motorik dasar sehari-hari. Klien Kakek D laki-laki, berusia 73 tahun, dan berlatar belakang Suku Batak. Latihan Foot and Ankle mengurangi risiko jatuh setelah dilakukan intervensi selama 12 kali

.....Falls have an impact on the physical condition of the elderly. Efforts to prevent falls are very important. Falls can be prevented by doing immediate and progressive mobilization which includes mobilization exercises, joint range of motion (ROM) exercises both active and passive, muscle strength training, and balance exercises. Foot and Ankle training is an exercise program designed to reduce the risk of falling by training muscle strength and balance. Range of motion of the foot, ankle and toes plays an important role in stabilizing the foot during standing and walking, adequate range of motion in the ankle and toes is necessary to perform basic daily motor functions. Grandpa D's client is male, 73 years old, and has a Batak ethnic background. Foot and Ankle exercises reduce the risk of falling after intervention for 12 times.