

# Analisis Praktik Klinik Asuhan Keperawatan pada Lansia Post COVID-19 dengan Penurunan Toleransi Aktivitas dan Penerapan Terapi Rehabilitasi = Analysis of Nursing Care Clinical Practices in the Elderly Post COVID-19 with Decreased Activity Tolerance and Implementation of Rehabilitation Therapy

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## Abstrak

Long Covid atau post COVID-19 syndrome merupakan kondisi masih adanya gejala pada pasien COVID-19 yang sudah dinyatakan sembuh. Pada lansia yang terkonfirmasi positif COVID-19, kondisi long covid lebih banyak terjadi akibat adanya perubahan fisiologis yang terjadi berkaitan dengan proses penuaan. Gejala yang dialami oleh lansia yang mengalami long COVID-19 atau post COVID-19 syndrome yaitu mudah lelah, terutama saat beraktivitas, sesak napas, jantung berdebar, nyeri pada sendi dan nyeri otot. Kondisi post COVID-19 syndrome ini dapat menyebabkan masalah keperawatan penurunan toleransi aktivitas. Penulisan ini melaporkan asuhan keperawatan pada lansia di Kelurahan Kukusan dengan masalah keperawatan penurunan toleransi aktivitas dan penerapan terapi rehabilitasi. Intervensi terapi rehabilitasi dilakukan tiga kali pertemuan setiap pekan selama dua pekan, dengan jumlah total enam kali pertemuan intervensi. Setiap sesi terapi rehabilitasi dilakukan selama 10 menit. Hasil implementasi yang dilakukan terhadap Nenek A menunjukkan hasil penerapan terapi rehabilitasi pada lansia post COVID-19 dapat mengatasi penurunan toleransi aktivitas ditandai dengan evaluasi perasaan tidak nyaman berkurang, keluhan mudah lelah berkurang, serta ditandai dengan penurunan tekanan darah namun tidak secara signifikan, terdapat penurunan nadi secara signifikan, saturasi oksigen dalam kondisi stabil, laju pernapasan dalam kondisi stabil dan normal, serta penurunan skala kelelahan (skala BORG) secara signifikan.

.....Long Covid or post COVID-19 syndrome is a condition that still has symptoms in COVID-19 patients who have been declared cured. In the elderly who are positively confirmed COVID-19, long covid conditions occur more due to physiological changes that occur related to the aging process. Symptoms experienced by elderly people who experience long COVID-19 or post COVID-19 syndrome are easily tired, especially when on the move, shortness of breath, heart palpitations, pain in the joints and muscle pain. This post-COVID-19 syndrome condition can cause nursing problems to decrease activity tolerance. This writing reports nursing care in the the elderly in Kukusan Village with nursing problems decreased activity tolerance and application of rehabilitation therapy. Rehabilitation therapy interventions are carried out three meetings every week for two weeks, with a total of six intervention meetings. Each rehabilitation therapy session is carried out for 10 minutes. The results of the implementation showed that the results of the implementation of rehabilitation therapy in the elderly post COVID 19 can overcome the decrease in activity tolerance characterized by the evaluation of reduced uncomfortable feelings, complaints of fatigue reduced, and characterized by a decrease in blood pressure but not significantly there is a significant decrease in pulse, oxygen saturation in stable condition, respiratory rate in stable and normal condition, as well as a significant reduction in fatigue scale (BORG scale).