

ABSTRAK

Latar Belakang : Stroke merupakan penyebab utama kematian dan kecacatan di dunia, dengan stroke iskemik mencakup 85% dari seluruh kasus. Insiden stroke terus meningkat seiring bertambahnya usia dan berkembangnya faktor risiko. Rehabilitasi medik berperan penting dalam memulihkan status fungsional pasien, mengurangi ketergantungan, serta meningkatkan kualitas hidup. Penelitian menunjukkan bahwa rehabilitasi yang baik dapat meningkatkan kemandirian pasien stroke, sehingga menjadi langkah penting dalam menangani gangguan fungsional akibat stroke.

Tujuan : Mengetahui gambaran perubahan status fungsional pasien stroke iskemik setelah melaksanakan rehabilitasi selama 3-6 bulan.

Metode : Penelitian ini menggunakan desain penelitian deskriptif observasional dengan rancangan potong lintang. Variabel bebas dalam penelitian ini adalah proses rehabilitasi medik pasien stroke iskemik, sedangkan variabel terikat adalah skala hasil pengukuran status fungsional pasien stroke iskemik. Analisis data dilakukan secara deskriptif, univariat, dan bivariat.

Hasil : Pasien stroke iskemik lebih banyak dialami oleh laki-laki dibanding perempuan. Kelompok usia 50-59 tahun merupakan kelompok yang paling banyak menderita stroke iskemik, dengan mayoritas mengalami peningkatan status fungsional. Distribusi frekuensi menunjukkan bahwa sebanyak 89 dari 105 pasien (84,8%) mengalami peningkatan status fungsional setelah rehabilitasi.

Kesimpulan : Sebanyak 84,8% pasien stroke iskemik menunjukkan peningkatan status fungsional setelah melaksanakan rehabilitasi medik selama 3-6 bulan.

Kata kunci : Stroke Iskemik, Rehabilitasi Medik, Status Fungsional.

ABSTRACT

Background: Stroke is a leading cause of death and disability worldwide, with ischemic stroke accounting for approximately 85% of all cases. The incidence of stroke continues to rise with age and the development of risk factors. Medical rehabilitation plays a crucial role in restoring patient's functional status, reducing dependency, and improving their quality of life. Research shows that effective rehabilitation can enhance stroke patient's independence, making it an essential step in managing the functional impairment caused by stroke.

Objective: To describe the changes in functional status of ischemic stroke patients after undergoing rehabilitation for 3-6 months.

Methods: This research uses a descriptive observational design with a cross-sectional approach. The independent variable is the rehabilitation process of ischemic stroke patients, while the dependent variable is their functional status, measured by a relevant scale. Data analysis was performed descriptively, univariately, and bivariate methods.

Results: Ischemic stroke is more commonly experienced by men than women. The age group of 50-59 years had the highest incidence of ischemic stroke, with the majority showing improvement in functional status. The frequency distribution of the data indicates that 89 out of 105 patients (84,8%) showed improvement in functional status after rehabilitation.

Conclusion: Approximately 84,8% of ischemic stroke patients showed improvement in functional status after undergoing medical rehabilitation for 3-6 months.

Keywords: Ischemic Stroke, Medical Rehabilitation, Functional Status.