

## ABSTRACT

### PENERAPAN POSISI *HEAD UP* 30° TERHADAP STABILITAS HEMODINAMIK PADA PASIEN HIDROSEFALUS PRE VP *SHUNT* DENGAN PENURUNAN KAPASITAS ADAPTIF INTRAKRANIAL DI RUANG YUDISTIRA RSUD KABUPATEN JOMBANG

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**Background:** Hydrocephalus is a condition characterized by the accumulation of cerebrospinal fluid (CSF), which can increase intracranial pressure and lead to neurological impairment. In patients with hydrocephalus prior to **ventriculoperitoneal (VP) shunt** insertion, the **30° head-up position** may be used as a non-pharmacological intervention to help reduce intracranial pressure and maintain hemodynamic stability. **Objective:** To describe the implementation of the 30° head-up position in improving hemodynamic stability in a patient with hydrocephalus prior to VP shunt insertion who experienced decreased intracranial adaptive capacity. **Methods:** This study employed a case study design using the nursing process approach involving a 15-year-old patient with hydrocephalus prior to VP shunt insertion in the Yudistira Ward, Jombang Regional General Hospital. The intervention consisted of positioning the patient in a 30° head-up position for 5 × 24 hours, accompanied by continuous neurological and hemodynamic monitoring. **Results:** Following the intervention, the patient's level of consciousness improved from a Glasgow Coma Scale (GCS) score of 9 to 15. Blood pressure decreased from 140/98 mmHg to 120/80 mmHg, while the mean arterial pressure (MAP) decreased from 112 mmHg to 87 mmHg. Pupillary responses improved, and no episodes of vomiting or other signs of increased intracranial pressure were observed. **Conclusion:** The 30° head-up position contributed to improved hemodynamic stability and neurological status in a patient with hydrocephalus prior to VP shunt insertion who experienced decreased intracranial adaptive capacity.

**Keywords:** hydrocephalus, VP shunt, 30° head-up position, hemodynamic stability.