

PENGETAHUAN KELUARGA TENTANG TINDAKAN REHABILITATIF
RANGE OF MOTION (ROM) PADA PASIEN STROKE DI UNIT STROKE
RSUD dr. SOEDOMO TRENGGALEK

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ABSTRACT

Background: Stroke is one of the leading causes of long-term disability worldwide. The impact of stroke can cause various disorders including muscle weakness and decreased ability to move. Knowledge about Range of Motion (ROM) is very important for patients and families, because a good understanding of the benefits, frequency and techniques greatly influence the exercise (ROM). The role of the family is very important in supporting the success of rehabilitation, so the family's knowledge about Range of Motion (ROM) needs to be known. **Research Objective:** Identifying family knowledge about rehabilitative actions Range of Motion (ROM) at RSUD dr. Soedomo Trenggalek in 2026. **Research Method:** This study used a quantitative descriptive design with a population of 77 families of stroke patients in the Stroke Unit RSUD dr. Soedomo Trenggalek. The research sample was 44 respondents with a purposive sampling technique. Inclusion criteria included willingness to be respondents, being present during the study, being able to read and write, not having visual impairments, being over 19 years old, and families who care for patients at home or in the hospital. Data analysis was carried out univariately using descriptive statistics in the form of frequency distribution and percentage. **Research Results:** The results showed that of the 44 respondents, 24 (54%) had average knowledge of sufficient range of motion (ROM). **Conclusion:** Family knowledge of Range of Motion (ROM) rehabilitation measures was in the average sufficient category, so increased education is needed to support successful rehabilitation for stroke patients.

Keywords: Stroke, Range of Motion (ROM), family knowledge, rehabilitation.