

*DESCRIPTION OF FAMILY KNOWLEDGE LEVEL ABOUT ROM EXERCISES
IN STROKE PATIENTS IN THE STROKE UNIT AT RSUD dr. SOEDOMO
TRENGGALEK*

Eka Wahyuningrum*, Tunik, Rahayu Niningasih

*D3 Nursing Study Program Campus of Trenggalek Regency Poltekkes Ministry Of
Health Malang, Jl. dr. Soetomo No.5 Trenggalek*

Email: ekawahyuy@gmail.com

ABSTRACT

Background: Stroke is a disruption of blood flow to the brain that can cause extremity weakness and requires ROM exercises as part of rehabilitation. Lack of family knowledge results in ROM exercises not being carried out continuously, thereby hindering patient recovery. **Objective:** To describe the level of family knowledge about ROM exercises in stroke patients in the Stroke Unit at RSUD dr. Soedomo Trenggalek. **Methods:** This study uses a quantitative descriptive design. The population of this study is 87 while the sample used amounted to 46 respondents with a sampling technique using purposive sampling. This study was conducted from March 4 to March 31, 2026. **Results:** Research data were obtained from 38 respondents, the level of family knowledge about ROM exercises in stroke patients in the C1 domain (knowing) was 36 (95%) respondents in the good category and 2 (5%) respondents in the less category. In the C2 domain (understanding), 33 (87%) respondents were in the good category and 5 (13%) respondents were in the sufficient category. In the C3 domain (application), 30 (79%) respondents were in the good category and 8 (21%) respondents were in the sufficient category. **Conclusion:** The family's level of knowledge about ROM exercises for stroke patients in the Stroke Unit Room of RSUD dr. Soedomo Trenggalek is in the good category.

Keywords: stroke, ROM, level of knowledge, family