

Application of Range of Motion (ROM) Exercise in the Elderly with Muscle and Joint Weakness

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ABSTRACT

About 10% of the elderly who live at home complain of some limitations in mobility, while the elderly who live in certain institutions are more than 90% dependent on at least one daily activity. The results of research conducted by Anna Hudakova and Anna Hornakova regarding mobility and quality of life in elderly and geriatric patients found that 16% had low mobility, 32% had moderate mobility and 52% had high mobility in geriatric patients with a sample of 321 respondents. The method used is the delivery of material (counseling) and training by competent resource persons. Through community service activities, efforts are made to improve the degree of public health. Effective ROM (Range Of Motion) counseling and training activities for the elderly can improve the health and independence of the elderly to meet the needs of daily activities in an effort to support government programs namely the Healthy Living Community Movement (GERMAS), especially the elderly community.

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INTRODUCTION

One of the main indicators of the level of public health is increasing life expectancy. By increasing life expectancy, it means that there are more and more elderly people (elderly). In 2021 the number of elderly people is projected to reach around 30 million people or 11.5% of the total population. Currently in Indonesia there are around 18 million elderly people. This amount is 7.8% of the total population. As many as 25% of the elderly suffer from degenerative diseases and live dependent on others. And about 99% of them take drugs and spend most of their lives resting, doing nothing. The results of research conducted by Anna Hudakova and Anna Hornakova regarding mobility and quality of life in elderly and geriatric patients found that 16% had low mobility, 32% had moderate mobility and 52% had high mobility in geriatric patients with a sample of 321 respondents. (Hudakova, Anna and Anna Hornakova, 2022)

Knowledge of a healthy lifestyle can prevent various diseases. For the elderly who suffer from disease disorders, implementing a healthy lifestyle according to the type of disease will help control the illness, improving their quality of life. To remain active into old age, from a young age, a person needs to apply and then maintain a healthy lifestyle by consuming a balanced nutritious diet, doing proper and regular physical activity and not smoking. Range of Motion (ROM) is a form of physical exercise that includes a number of possible movements of the body parts: sagittal, frontal and transverse. The objectives of the training include:

preventing disease complications, improving the patient's ADL ability, and increasing the patient's self-esteem and coping mechanisms. (Soeparman, 2021)

Based on the results of Yuniato's research (2018) concluded that ROM therapy is effective in reducing the level of joint pain in the elderly. Waginah, (2019) states that research subjects with very active ROM have a better chance of improving their daily living activities or independence. Research by Sarah Uliya (2018) concluded that doing ROM for 6 weeks can increase the flexibility of the wrist joint by 74.2%.

The role of nurses in overcoming the problem of impaired mobility includes helping the elderly in doing range-of-motion exercises, helping to meet their activity needs and providing counseling to the elderly so they can carry out independent activities in meeting their daily needs. From the data obtained from the results of a preliminary study at the Padang Tuesday Health Center, the number of elderly people in Rt 53 Rw, Bukit Lama sub-district, Ilir Barat I sub-district, Palembang is 50 elderly people. With various health conditions. Among them: Gout, hypertension, post stroke. RT: 53 consists of 209 households, with a population of 728 people.

During the initial survey, most of the elderly in the area were only active at home, especially the elderly who were sick, their activities still depended on the family at home. The elderly and their families do not know and do ROM exercises to train the strength of the muscles and joints of the elderly through ROM exercises. So with this, we carry out community service activities in the form of assistance to the elderly and families in providing knowledge and understanding through counselling and teaching Range of motion (ROM) exercises to increase the independence of the elderly. Improving public health status by providing knowledge and understanding about ROM (Range Of Motion) to the elderly or families and doing ROM (Range Of Motion) exercises for the elderly or elderly families.

METHOD

This Community Service is given to the elderly or elderly families who are in Rt 53, Bukit Lama sub-district, Ilir Barat I sub-district with the following stages: Assistance to the elderly and families in providing knowledge, understanding of the need for joint exercises or Range of Motion in the elderly, involving the elderly and elderly families in teaching Range Of Motion (ROM) exercises to be able to increase the independence of the elderly in fulfilling daily activities. the benefits of the need for ROM training), first the Landia participants carried out a pre-test. After mentoring, and counseling about range of motion (ROM) and Range of Motion (ROM) exercises.

After assisting the elderly and their families in providing knowledge, and understanding of the need for joint exercises or Range of Motion for the elderly, involving the elderly and their families in teaching Range of motion (ROM) exercises to increase the independence of the elderly in fulfilling their daily activities. 2 times a week for 1 month. Then do the post-test. The results obtained were that this activity involved several partners/elements of the community namely. 1. Head of Rt 53, Bukit Lama sub-district, Ilir Barat I district, Padang Tuesday Palembang Health Center.

Posyandu cadres Rt 53, Bukit Lama sub-district, Ilir Barat I sub-district, Padang Tuesday Palembang Health Center work area. Elderly or Elderly Family Rt 53, Bukit Lama sub-district, Ilir Barat I sub-district, Padang Tuesday Palembang Health Center work area.

RESULTS

After carrying out community service activities, namely for the elderly and elderly families at Posyandu Rt 53, Bukit Lama sub-district, Ilir Barat I sub-district, the Padang Tuesday Palembang Health Center work area, the results obtained from these activities were: 1. Counseling was implemented to provide knowledge, an understanding of the need for a range of motion exercises or Range of Motion (ROM) in the elderly, the enthusiasm of the elderly participants and their families asked questions about the range of motion exercises, as well as the purpose and benefits of doing these exercises for the elderly. ROM gymnastics (Range of motion) by involving the elderly and elderly families in teaching ROM gymnastics to be able to increase the independence of the elderly in fulfilling their daily activities, the participants were very enthusiastic and enthusiastic about doing these exercises, you could see happy faces radiating from the ROM gymnastics participants the. 3. Carrying out blood pressure checks for the elderly and elderly families, the participants patiently waited in the queue to have their blood pressure checked. 4. Some of the elderly and elderly families who attended said that they were very happy to be able to do ROM exercises with light movements because so far never done. limitation of movement due to muscle weakness and physical joints that are starting to weaken, as well as the disease he suffers from. With a range of motion exercises or ROM exercises, this can be beneficial for elderly participants as well as families. This activity can be carried out routinely either at home independently or at the elderly Posyandu with other elderly people and the cadres at the elderly Posyandu.

The elderly (elderly) are individuals aged over 60 years and generally have signs of decreased biological, psychological, social, and economic functions (BKKBN, 1995 in Mubarok, 2006). According to

WHO, the elderly include middle age, namely the age group of 45 to 59 years, elderly (60 to 74 years), old (75 to 90 years) and very old (very old) that is above 90 years (Nugroho, 2018)

Knowledge of a healthy lifestyle can prevent various diseases. For the elderly who suffer from disease disorders, implementing a healthy lifestyle according to the type of disease will help control the illness, which in turn can improve their quality of life. To remain active into old age, from a young age, a person needs to apply and then maintain a healthy lifestyle by consuming a balanced nutritious diet, doing proper and regular physical activity and not smoking. Range of Motion (ROM) is a form of physical exercise that includes several possible movements of the body parts: sagittal, frontal and transverse. The objectives of the exercise include: preventing disease complications, improving the patient's ADL ability, and increasing the patient's self-esteem and coping mechanisms. (Soeparman, 2021).

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From the explanation above, ROM exercises or joint range of motion exercises, both active and passive, are carried out routinely in the elderly. Will cause increased flexibility in the joints, and muscles are not stiff. So that ADL activity, self-esteem and coping mechanisms for the elderly will increase.

CONCLUSION

Elderly is an elderly person (elderly) is an individual aged over 60 years who, in general, has signs of a decrease in biological, psychological, social, and economic functions. So that the elderly are often unable to mobilize optimally in their activities. Therefore, to improve the ability to mobilize, it is necessary to do some physical exercises that can improve physical mobilization, including doing Range Of Motion exercises. This exercise aims to: Improve public health status, provide knowledge and understanding of ROM (Range Of Motion) to the elderly or families, perform ROM (Range Of Motion) exercises to the elderly or elderly families.

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