

**ABDOMEN MASSAGE AND WARM WATER CONSUMPTION TO
PREVENT CONSTIPATION IN STROKE SUFFERS THROUGH
VIDEO**

Siska Pujiati

*Diploma III Nursing Study Program, Falkutas Health Sciences University
of Aisyiyah Surakarta*

Email: Siskapujiati05@gmail.com

SUMMARY

Background: *Patients who suffer a stroke if not treated will experience disability problems, causing complications, one of which is constipation, it states that in the United States around 2-27% with 2.5 million visits to doctors and nearly 100,000 per year due to constipation problems, in Indonesia it is 10.9%, and for Sulawesi, the prevalence of disease stroke was 10%, while in Central Java Province it was 7.7%, for this reason, management is needed to prevent constipation by non-pharmacological means, namely abdominal massage and consumption of warm water. **Methods:** With the media of a video entitled "Massage the stomach and drink warm water to cure constipation or difficult bowel movements". **Result:** The theme of this video is abdominal massage and consumption of warm water to prevent constipation in stroke patients. Explains abdominal massage, abdominal massage steps and consumption of warm water. **Conclusion:** using video media can provide information about how to prevent constipation in stroke patients with abdominal massage*

Keywords: *Abdominal massage, warm water, constipation, stroke*