

## ABSTRACT

### ***SWALLOWING EXERCISE AS AN EFFORT TO IMPROVE SWALLOWING FUNCTION IN STROKE PATIENTS THROUGH POCKET BOOK MEDIA***

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**Background:** *Dysphagia is a common complication in stroke patients that can lead to poor nutritional status and increased risk of aspiration pneumonia. Limited understanding of swallowing exercises among family members often hinders the rehabilitation process. Objective:* This study aims to develop an educational medium in the form of a pocket book as a practical guide for families of stroke patients to perform swallowing exercises at home. **Methods:** This study used a research and development (R&D) design with an observational and interview approach involving three families of stroke patients at the National Brain Center Hospital in Jakarta. **Results:** The findings indicate that the pocket book is easy to understand, practical to use, and improves family involvement in supporting patients' swallowing exercises. **Conclusion:** The educational pocket book is an effective supporting medium for the implementation of independent swallowing exercises at home, thus contributing to the recovery of swallowing function in stroke patients.

**Keywords:** *Education, Swallowing Exercise, Stroke, Pocket Book, Family Caregiver*

