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Nursing Program Study

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**The Implementation of Abdominal Massage and Drinking Warm Water to
Treat Constipation in Stroke Patients**

ABSTRACT

Background ; Constipation is a complication which is often occurs in a patient suffering from stroke. Abdominal massage and drinking warm water techniques can be applied to deal with it. These techniques can be carried out as an independent nursing action. **Objectives** ; Describe the results of the implementation of abdominal massase and drink warm white water in stroke patients who have constipation in Dukuhan Bayan Village, Kadipiro, Banjarsari, Surakarta. **Method** ; This research uses descriptive method. The data of this research are obtained from observation directed towards stroke patients who suffer constipation. The observation is conducted by measuring the degree of constipation before and after the implementation of abdominal massage and drinking warm water. **Result** ; There is a decrease in the scale of constipation that occurs in two patients after by the application of massase abdomen and drnking warm water. It is proved by the first patient result which is $D1=4$, $D2=2$, $D3=1$, $\Sigma=2.3$. Meanwhile, the second patient result is $D1=5$, $D2=3$, $D3=2$, $\Sigma=3.3$. **Conclusion** ; There is a decrease on the scale of constipation following the continual implementation of abdominal massage and drinking warm water.

Keywords ;constipation, abdominal massage, drinking warm water, stroke.