

ABSTRAK

Mona Safrida (2023). Asuhan Keperawatan *Rheumatoid Arthritis* Dengan Masalah Keperawatan Gangguan Mobilitas Fisik di Wilayah Kerja Puskesmas Karya Wanita. Karya Tulis Ilmiah Studi Kasus. Program D III Keperawatan, Jurusan Keperawatan. Politeknik Kesehatan Kemenkes, Riau. Pembimbing (I) Idayanti, S.Pd.,M.Kes (II) R. Sakhnan. SKM, M.Kes.

Menua merupakan keadaan seseorang mengalami penurunan kemampuan jaringan untuk mempertahankan struktur dan fungsi normalnya. *Rheumatoid Arthritis* adalah penyakit autoimun yang menyerang lapisan sendi menyebabkan kekakuan sendi. Gangguan mobilitas pada penderita *Rheumatoid Arthritis* dapat diminimalisir dengan melatih rentang gerak. Salah satu latihan untuk meningkatkan mobilitas fisik adalah melatih *Range of Motion* (ROM). ROM ini bertujuan mengurangi kekakuan pada sendi serta merangsang sirkulasi darah. Tujuan penelitian ini adalah mengetahui bagaimana asuhan keperawatan pada penderita *Rheumatoid Arthritis* serta mengetahui peningkatan rentang gerak setelah diberikan latihan ROM di Wilayah Kerja Puskesmas Karya Wanita. Penelitian ini deskriptif studi kasus dengan 2 subjek penelitian dilakukan pada 14-19 April 2023. Penelitian ini menggunakan teknik tanya jawab, observasi dan penilaian dalam pengambilan data. Hasil penelitian menunjukkan bahwa adanya peningkatan rentang gerak setelah diberikan latihan ROM pada subjek. Peneliti berharap penelitian ini dapat memberikan manfaat dan diharapkan klien dapat melakukan ROM secara mandiri ataupun dibantu oleh keluarga menindaklanjuti latihan ROM secara kontinu seperti yang pernah diajarkan oleh peneliti.

Kata kunci : Menua, *Rheumatoid Arthritis*, Mobilitas ,*Range Of Motion*

ABSTRACT

Mona Safrida (2023). Nursing Care of Rheumatoid Arthritis with Problems Physical Mobility Disorders in the Work Area of the Karya Wanita Health Center. Case Study Scientific Writing. D III Nursing Study Program, Department of Nursing. Health Polytechnic of the Ministry of Health, Riau. Supervisor (I) Idayanti, S.Pd., M.Kes (II) R. Sakhnan. SKM, M. Kes.

Elderly is a condition in which a person experiences a decrease in the ability of the network to maintain its normal structure and function. Rheumatoid Arthritis is an autoimmune disease that attacks the lining of the joints causing joint stiffness. Impaired mobility in patients with Rheumatoid Arthritis can be minimized by exercising stiffness in the joints. One of the exercises to improve physical mobility is to train the Range of Motion (ROM). This ROM aims to reduce stiffness in the joints and stimulate blood circulation. The purpose of this study was to find out how nursing care is for patients with Rheumatoid Arthritis and to find out the increase in range of motion after being given ROM exercises in the Work Area of the Karya Wanita Health Center. This research is a descriptive case study with 2 research subjects was conducted on April 14-19, 2023. This research uses question and answer techniques, observation and assessment in data collection. The results showed that there was an increase in the range of motion after being given ROM exercises to the subjects. The researchers hopes that this research can provide benefits and it is hoped that clients can do ROM to exercises by bathing or assisted by the family following up on continuous ROM exercises as previously taught by researchers.

Keywords: Elderly, Rheumatoid Arthritis, Mobility, Range Of Motion