

ABSTRAK

Nabilah Aprilla Sarumpaet (2025). Asuhan Keperawatan Pada Klien Stroke Non Hemoragik Dengan Gangguan Mobilitas Fisik Di Wilayah Kerja Puskesmas Rumbai Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus Asuhan Keperawatan, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) NS. Usraleli, S.Kep., M.Kep. (II) Ns. Ardenny, S.Kep., M.Kep.

Stroke non hemoragik merupakan salah satu masalah kesehatan yang berdampak besar terhadap kualitas hidup pasien, terutama karena menyebabkan gangguan mobilitas fisik. Tujuan penelitian ini untuk mendeskripsikan Asuhan Keperawatan Pada Klien Stroke Non Hemoragik Dengan Gangguan Mobilitas Fisik Di Wilayah Kerja Puskesmas Rumbai Kota Pekanbaru. Metode penelitian ini menggunakan studi kasus dengan dua klien sebagai subyek yang dilakukan pada tanggal 12 Maret 2025 sampai 16 Maret 2025. Asuhan keperawatan yang diberikan mencakup pengkajian, penegakan diagnosa, intervensi, implementasi, dan evaluasi keperawatan. Intervensi utama berupa latihan *Range of Motion* (ROM) pasif dilakukan selama tiga hari berturut-turut. Hasil menunjukkan adanya peningkatan kemampuan mobilitas fisik pada kedua klien, ditandai dengan peningkatan kekuatan otot dan kemampuan bergerak. Latihan ROM terbukti efektif dalam membantu proses rehabilitasi dan meningkatkan kualitas hidup klien stroke non hemoragik. Penelitian ini merekomendasikan penerapan intervensi ROM secara rutin sebagai bagian dari asuhan keperawatan pasien stroke di fasilitas pelayanan kesehatan tingkat pertama.

Kata Kunci: Stroke non hemoragik, gangguan mobilitas fisik, asuhan keperawatan, latihan *Range of Motion* (ROM).

ABSTRACT

Nabilah Aprilla Sarumpaet (2025). *Nursing Care for Non-Hemorrhagic Stroke Clients with Impaired Physical Mobility in the Work Area of Rumbai Health Center, Pekanbaru City. Scientific Paper on Nursing Care Case Study, DIII Nursing Study Program, Pekanbaru, Nursing Department, Riau Ministry of Health Polytechnic. Supervisor (I) NS. Usraleli, S.Kep., M.Kep. (II) Ns. Ardenny, S.Kep., M.Kep.*

Non-hemorrhagic stroke is one of the health problems that has a major impact on the quality of life of patients, especially because it causes impaired physical mobility. The purpose of this study is to describe Nursing Care for Non-Hemorrhagic Stroke Clients with Impaired Physical Mobility in the Work Area of Rumbai Health Center, Pekanbaru City. This research method uses a case study with two clients as subjects conducted on March 12, 2025 to March 16, 2025. The nursing care provided includes assessment, diagnosis, intervention, implementation, and evaluation of nursing. The main intervention in the form of passive Range of Motion (ROM) exercises was carried out for three consecutive days. The results showed an increase in physical mobility in both clients, marked by increased muscle strength and movement ability. ROM exercises have been proven effective in helping the rehabilitation process and improving the quality of life of non-hemorrhagic stroke clients. This study recommends the implementation of ROM interventions routinely as part of nursing care for stroke patients in first-level health care facilities.

Keywords: Non-hemorrhagic stroke, impaired physical mobility, nursing care, Range of Motion (ROM) exercises.