

ABSTRAK

Mailani Melba (2025) Asuhan Keperawatan Lansia Pada Tn. A dan Tn. I Dengan Stroke Non Hemoragik Dengan Masalah Gangguan Mobilitas Fisik Diwilayah Kerja UPTD Puskesmas Pekan Heran. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Diluar Kampus Utama, Kemenkes Poltekkes Riau. Pembimbing (I) Ns. Deswita, M.Kep (II) Ns. Sri Novita Yuliet, M.Kep.,Sp.Kep K

Stroke non hemoragik merupakan gangguan fungsi otak yang terjadi secara mendadak akibat gangguan aliran darah ke otak, baik karena sumbatan (iskemik/non hemoragik) maupun pecahnya pembuluh darah (hemoragik). Berdasarkan data UPTD Puskesmas Pekan Heran tahun 2024, terdapat 30 lansia yang terdiagnosis stroke. Studi kasus ini bertujuan untuk mendeskripsikan pelaksanaan asuhan keperawatan pada dua lansia dengan stroke non hemoragik yang mengalami gangguan mobilitas fisik. Penelitian menggunakan metode deskriptif studi kasus dengan pendekatan proses keperawatan: pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Intervensi yang diberikan meliputi latihan Range of Motion (ROM) pasif dan dukungan mobilisasi dengan keterlibatan keluarga. Hasil setelah lima hari kunjungan pada subjek 1 didapatkan adanya peningkatan kekuatan otot ekstremitas atas dan bawah sisi kiri dari skala 2 menjadi 3, peningkatan rentang gerak, dan penurunan nyeri. Pada subjek 2 terdapat peningkatan kekuatan otot ekstremitas atas sisi kiri dari skala 2 menjadi 4, peningkatan rentang gerak, serta penurunan nyeri. Kesimpulan, latihan ROM terbukti efektif dalam meningkatkan mobilitas fisik lansia pasca stroke. Saran latihan rentang gerak (ROM) sebaiknya dilakukan secara rutin dan terus-menerus oleh lansia dengan stroke non hemoragik, dengan dukungan keluarga dan tenaga kesehatan, guna mempercepat pemulihan mobilitas fisik serta mencegah kekakuan sendi dan kelemahan otot secara optimal.

Kata Kunci: Asuhan Keperawatan, Lansia, Stroke Non Hemoragik, Gangguan Mobilitas Fisik

ABSTRACT

Mailani Melba (2025). Nursing Care for Elderly Patients Mr. A and Mr. I with Non-Hemorrhagic Stroke and Impaired Physical Mobility in the Working Area of UPTD Pekan Heran Public Health Center. Case Study Scientific Paper, Diploma III Nursing Study Program, Off-Campus Program, Poltekkes Kemenkes Riau. Advisors: (I) Ns. Deswita, M.Kep; (II) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K.

Non-hemorrhagic stroke is a sudden impairment of brain function due to a disruption in blood flow to the brain, either from a blockage (ischemic/non-hemorrhagic) or a ruptured vessel (hemorrhagic). Based on data from UPTD Pekan Heran Health Center in 2024, 30 elderly individuals were diagnosed with stroke. This case study aims to describe the nursing care provided to two elderly patients with non-hemorrhagic stroke and impaired physical mobility. The study used a descriptive case study method, following the nursing process: assessment, diagnosis, intervention, implementation, and evaluation. Interventions included passive Range of Motion (ROM) exercises and mobilization support with family involvement. After five days of home visits, subject 1 showed an improvement in muscle strength of the left upper and lower extremities from a scale of 2 to 3, increased range of motion, and reduced pain. Subject 2 showed an increase in muscle strength of the left upper extremity from a scale of 2 to 4, with improved range of motion and decreased pain. In conclusion, ROM exercises proved effective in improving physical mobility in elderly post-stroke patients. Recommendation ROM exercises should be performed routinely and continuously by elderly individuals with non-hemorrhagic stroke, with support from family members and healthcare professionals, to accelerate physical recovery and prevent joint stiffness and muscle weakness.

Keywords: *Nursing Care, Elderly, Non-Hemorrhagic Stroke, Impaired Physical Mobility*