

ABSTRAK

Nurmiza (2025). Asuhan Keperawatan Pasien Stroke Non Hemoragik dengan Masalah Defisit Perawatan Diri di RSUD Indrasari Rengat. Karya Tulis Ilmiah Studi Kasus. Program Studi DIII Keperawatan Di Luar Kampus Utama, Jurusan Keperawatan, Poltekkes Kemenkes Riau. Pembimbing : (I) Ns. Elmukhsinur, S.Kep., M.Biomed. (II) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K.

Stroke, sebagai penyakit neurologis utama dan penyebab kematian ketiga di dunia, menjadi fokus penelitian ini yang dilaksanakan di RSUD Indrasari Rengat. Berdasarkan data rekam medis RSUD Indrasari Rengat, kunjungan pasien stroke non-hemoragik di RSUD Indrasari Rengat cukup tinggi, yaitu pada tahun 2023 terdapat 1.549 kunjungan dan tahun 2024 terdapat 1.505. Tingginya angka ini mengindikasikan urgensi penanganan komprehensif, khususnya terkait defisit perawatan diri yang sering dialami pasien stroke. Tujuan penelitian ini adalah mendeskripsikan pelaksanaan asuhan keperawatan pasien stroke non-hemoragik dengan masalah defisit perawatan diri. intervensi keperawatan diberikan selama lima hari (14-18 April 2025). Fokus intervensi adalah dukungan perawatan diri, upaya peningkatan kemandirian dalam aktivitas seperti mandi, berpakaian, eliminasi, ke toilet, dan minat melakukan perawatan diri. Hasil implementasi Subjek 1 belum mampu mandiri sepenuhnya dalam mandi dan berpakaian, serta ke toilet, Serupa, subjek 2 masih memerlukan bantuan untuk mandi, berpakaian, serta BAB/BAK di tempat tidur, peningkatan minat dalam perawatan diri. Kesimpulan dari penelitian ini adalah masalah defisit perawatan diri pada kedua subjek belum teratasi secara penuh, sehingga intervensi keperawatan perlu dilanjutkan. Saran di harapkan latihan fisik dan aktivitas perawatan diri yang di ajarkan perlu konsisten, guna mempertahankan kemandirian dan mendukung subjek untuk mandiri, memberikan dorongan dan menciptakan lingkungan yang aman serta memfasilitasi setiap usaha perawatan diri

Kata kunci: Asuhan Keperawatan, Stroke Non Hemoragik, Defisit Perawatan Diri.

ABSTRACT

Nurmiza (2025). Nursing Care for Non-Hemorrhagic Stroke Patients with Self-Care Deficits at RSUD Indrasari Rengat. Scientific Paper Case Study. DIII Nursing Study Program Outside Main Campus, Department of Nursing, Poltekkes Kemenkes Riau. Supervisors: (I) Ns. Elmukhsinur, S.Kep., M.Biomed. (II) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K.

Stroke, as a major neurological disease and the third leading cause of death in the world, is the focus of this study conducted at Indrasari Rengat Hospital. Based on medical record data from Indrasari Rengat Hospital, visits by non-hemorrhagic stroke patients at Indrasari Rengat Hospital are quite high, namely in 2023 there were 1,549 visits and in 2024 there were 1,505. This high number indicates the urgency of comprehensive treatment, especially related to the self-care deficit that is often experienced by stroke patients. The purpose of this study was to describe the implementation of nursing care for non-hemorrhagic stroke patients with self-care deficit problems. nursing interventions were given for five days (April 14-18, 2025). The focus of the intervention was self-care support, efforts to increase independence in activities such as bathing, dressing, elimination, going to the toilet, and interest in doing self-care. The results of the implementation Subject 1 was not yet fully independent in bathing and dressing, as well as going to the toilet, Similarly, subject 2 still needed help to bathe, dress, and defecate/urine in bed, increasing interest in self-care. The conclusion of this study is that the problem of self-care deficit in both subjects has not been fully resolved, so that nursing interventions need to be continued. Suggestions are expected that physical exercise and self-care activities that are taught need to be consistent, in order to maintain independence and support subjects to be independent, provide encouragement and create a safe environment and facilitate every self-care effort.

Keywords: Nursing Care, Non-Hemorhagic Stroke, Self-Care Deficit.