

ABSTRAK

Rara (2025) Asuhan Keperawatan Gerontik Pada Pasien Stroke Non Hemoragik Dengan Masalah Defisit Nutrisi Di Wilayah Kerja UPTD Puskesmas Pekan Heran, Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Diluar Kampus Utama Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Elmukhsinur, S.Kep., M.Biomed (II) Ns. Sety Julita, M.Kep

Stroke non hemoragik merupakan salah satu penyebab kecacatan pada lansia yang dapat menimbulkan komplikasi, seperti defisit nutrisi. Masalah ini terjadi akibat gangguan proses menelan (disfagia) serta penurunan nafsu makan, yang berdampak pada pemenuhan kebutuhan nutrisi. Di UPTD Puskesmas Pekan Heran tercatat 30 pasien yang terdiagnosis stroke non hemoragik. Penelitian ini bertujuan untuk mendeskripsikan penerapan asuhan keperawatan gerontik pada pasien stroke non hemoragik dengan masalah defisit nutrisi. Metode penelitian menggunakan studi kasus deskriptif dengan pendekatan proses keperawatan pada dua pasien. Proses keperawatan dilakukan melalui lima tahap: pengkajian, diagnosa, perencanaan, implementasi, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Hasil menunjukkan bahwa kedua subjek mengalami tanda-tanda defisit nutrisi seperti penurunan berat badan serta kelemahan otot pengunyah dan otot menelan. Setelah lima kali kunjungan intervensi, terjadi perbaikan. Subjek I menunjukkan peningkatan nafsu makan dan berkurangnya sariawan, sementara Subjek II mengalami penurunan rasa cepat kenyang serta peningkatan kekuatan otot menelan dan mengunyah. Kesimpulan penelitian ini menunjukkan bahwa asuhan keperawatan gerontik yang tepat dapat memperbaiki status nutrisi pasien stroke. Diharapkan responden menjaga pola nutrisi yang dianjurkan, dan peneliti selanjutnya diharapkan mengembangkan intervensi yang lebih variatif.

Kata kunci: Asuhan Keperawatan, Gerontik, Stroke Non Hemoragik, Defisit Nutrisi

ABSTRACT

Rara (2025). Geriatric Nursing Care for Non-Hemorrhagic Stroke Patients with Nutritional Deficit Problems in the Working Area of UPTD Pekan Heran Public Health Center; Case Study Scientific Paper; DIII Nursing Study Program Outside the Main Campus, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Elmukhsinur, S.Kep., M.Biomed. (II) Ns. Sety Julita, M.Kep.

Non-hemorrhagic stroke is one of the leading causes of disability among the elderly and can result in complications such as nutritional deficits. This issue arises due to impaired swallowing (dysphagia) and decreased appetite, which affect adequate nutritional intake. At UPTD Pekan Heran Public Health Center, 30 patients have been diagnosed with non-hemorrhagic stroke. This study aims to describe the application of gerontological nursing care in patients with non-hemorrhagic stroke experiencing nutritional deficits. The research method used is a descriptive case study with a nursing process approach applied to two patients. The nursing process includes five stages: assessment, diagnosis, planning, implementation, and evaluation. Data were collected through interviews, observations, physical examinations, and documentation. The results showed that both subjects exhibited signs of nutritional deficits, such as weight loss and weakness of the masticatory and swallowing muscles. After five intervention visits, there was an improvement in nutritional status. Subject I experienced increased appetite and reduced mouth ulcers, while Subject II reported reduced early satiety and improved strength of the chewing and swallowing muscles. The conclusion of this study indicates that appropriate gerontological nursing care can improve the nutritional status of patients with non-hemorrhagic stroke. Patients are encouraged to maintain a recommended nutritional pattern, and future researchers are expected to develop more varied interventions.

Keywords: Nursing Care, Geriatric, Non-Hemorrhagic Stroke, Nutritional Deficit