

ABSTRAK

Santi Nora Rosensia Br Manurung (2026). Asuhan Keperawatan Pada Lansia Stroke Non Hemoragik Dengan Masalah Keperawatan Gangguan Mobilitas Fisik Di Wilayah Kerja UPTD Puskesmas Melur Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus Asuhan Keperawatan, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Hj. Sri Novita Yuliet, M. Kep., Sp.Kep.K. Pembimbing (II) Ns. Rusherina, S.Pd., M. Kes.

Stroke non hemoragik merupakan gangguan neurologis akibat terhambatnya aliran darah ke otak yang dapat menyebabkan gangguan mobilitas fisik pada lansia. **Tujuan** penelitian ini mendeskripsikan asuhan keperawatan pada lansia stroke non hemoragik dengan masalah gangguan mobilitas fisik di wilayah kerja UPTD Puskesmas Melur Kota Pekanbaru. **Metode** penelitian menggunakan studi kasus dengan satu orang lansia sebagai subjek penelitian yang dilakukan pada tanggal 08–14 April 2026. Asuhan keperawatan meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Intervensi utama berupa latihan *Range of Motion* (ROM) dan dukungan mobilisasi dilakukan selama empat hari kunjungan. **Hasil** penelitian menunjukkan adanya peningkatan mobilitas fisik yang ditandai dengan meningkatnya kekuatan otot, rentang gerak ekstremitas, dan kemampuan melakukan aktivitas sehari-hari. **Kesimpulan** penelitian ini menunjukkan bahwa penerapan latihan ROM secara bertahap dapat membantu meningkatkan mobilitas fisik pada lansia dengan stroke non hemoragik. **Saran** kepada pasien dan keluarga untuk melakukan latihan ROM secara rutin dan berkelanjutan guna mempertahankan serta meningkatkan kemampuan mobilitas fisik

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

ABSTRACT

Santi Nora Rosensia Br Manurung (2026). Nursing Care for Elderly Patients with Non-Hemorrhagic Stroke and Physical Mobility Impairment in the Working Area of UPTD Puskesmas Melur Pekanbaru City. Scientific Paper of Nursing Care Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisor (I) Ns. Hj. Sri Novita Yuliet, M. Kep., Sp.Kep.K. Advisor (II) Ns. Rusherina, S.Pd., M. Kes.

Non-hemorrhagic stroke is a neurological disorder caused by obstruction of blood flow to the brain which can lead to impaired physical mobility in the elderly. The purpose of this study was to describe nursing care for elderly patients with non-hemorrhagic stroke experiencing physical mobility impairment in the working area of UPTD Puskesmas Melur Pekanbaru City. The research method used was a case study involving one elderly patient as the research subject conducted from April 8–14, 2026. Nursing care included assessment, nursing diagnosis, intervention, implementation, and evaluation. The main interventions were Range of Motion (ROM) exercises and mobilization support carried out during four home visits. The results showed an improvement in physical mobility, indicated by increased muscle strength, extremity range of motion, and the ability to perform daily activities. The conclusion of this study showed that the gradual implementation of ROM exercises could help improve physical mobility in elderly patients with non-hemorrhagic stroke. It is recommended that patients and their families perform Range of Motion (ROM) exercises regularly and continuously to maintain and improve physical mobility.

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