

ABSTRAK

Asuhan Keperawatan Pada Pasien Stroke Non Hemoragik Dengan Gangguan Mobilitas Fisik Di Ruang Rawat Inap Saraf RSUD Indrasari Rengat

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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 RSUD Indrasari Rengat terjadi peningkatan kasus Stroke Non Hemoragik (SNH) , ditahun 2024 sebanyak 87 pasien SNH dan ditahun 2025 meningkat sebanyak 236 pasien yang terdiagnosis stroke non hemoragik. Penelitian ini bertujuan untuk mendeskripsikan pelaksanaan asuhan keperawatan pada pasien dengan stroke non hemoragik yang mengalami gangguan mobilitas fisik. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan: pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Hasil pengkajian menunjukkan pasien memiliki kelemahan otot ekstremitas atas dan bawah sebelah kanan. Implementasi dilakukan selama 6 hari dari tanggal 26 Maret hingga 31 Maret 2026 dengan latihan *Range of Motion* (ROM) bertahap menggunakan media leaflet. Evaluasi menunjukkan adanya peningkatan kekuatan otot ekstremitas atas dan bawah sebelah kanan dari skala 2 menjadi 3, peningkatan rentang gerak. Disimpulkan, latihan *Range of Motion* (ROM) dapat meningkatkan kekuatan otot. Disarankan perawat dapat mengajarkan *Range of Motion* (ROM) berkelanjutan kepada pasien dan keluarga bisa mengulang kembali latihan *Range of Motion* (ROM) saat dirumah.

Kata Kunci: Asuhan Keperawatan , Stroke non Hemoragik, Gangguan Mobilitas Fisik

ABSTRACT

Nursing Care for Non-Hemorrhagic Stroke Patients with Impaired Physical Mobility in the Neurology Inpatient Ward, Indrasari Rengat Regional Hospital

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Non-hemorrhagic stroke is a sudden disturbance of brain function due to impaired blood flow to the brain, either due to a blockage (ischemic/non-hemorrhagic) or a ruptured blood vessel (hemorrhagic). Based on data from Indrasari Rengat Regional Hospital, there has been an increase in cases of Non-hemorrhagic stroke (SNH). In 2024, there were 87 SNH patients, and in 2025, there were 236 patients diagnosed with non-hemorrhagic stroke. This study aims to describe the implementation of nursing care for patients with non-hemorrhagic stroke who experienced impaired physical mobility. The method used was a descriptive case study with a nursing process approach: assessment, diagnosis, intervention, implementation, and evaluation. The assessment results indicated that the patient had muscle weakness in the right upper and lower extremities. Implementation was carried out for six days, from March 26 to March 31, 2026, with gradual Range of Motion (ROM) exercises using leaflets. The evaluation showed an increase in muscle strength in the right upper and lower extremities, from a scale of 2 to 3, and an increase in range of motion. It was concluded that Range of Motion (ROM) exercises can improve muscle strength. It is recommended that nurses teach continuous Range of Motion (ROM) exercises to patients, and families can repeat the Range of Motion (ROM) exercises at home.

Keywords: Nursing Care, Non-Hemorrhagic Stroke, Physical Mobility Disorders