

ABSTRAK

Najwa Khairi (2026). Asuhan Keperawatan pada Klien Stroke Non Hemoragik dengan Gangguan Mobilitas Fisik di RSUD Dr. Achmad Mochtar Bukittinggi. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing: (I) Hernitati, S.Pd., S.Kep., M.K.M; (II) Ns. Melly, SST., S.Kep., M.Kes

Latar Belakang stroke non hemoragik merupakan gangguan aliran darah ke otak akibat sumbatan pembuluh darah yang dapat menyebabkan gangguan neurologis, salah satunya gangguan mobilitas fisik. Gangguan ini ditandai dengan penurunan kekuatan otot dan keterbatasan pergerakan sehingga menghambat aktivitas sehari-hari pasien. **Tujuan** studi kasus ini adalah menggambarkan pelaksanaan asuhan keperawatan pada klien stroke non hemoragik dengan gangguan mobilitas fisik di RSUD Dr. Achmad Mochtar Bukittinggi. **Metode** yang digunakan adalah studi kasus deskriptif dengan satu subjek penelitian yang memiliki karakteristik gangguan mobilitas fisik. Proses asuhan keperawatan meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. **Hasil** studi menunjukkan bahwa pasien mengalami kelemahan anggota gerak sebelah kiri dengan kekuatan otot menurun. Intervensi yang diberikan berupa dukungan mobilisasi, Latihan ROM, ambulasi bertahap, serta edukasi kepada pasien dan keluarga. Setelah dilakukan tindakan keperawatan selama tiga hari, terjadi peningkatan kemampuan mobilitas fisik yang ditandai dengan peningkatan kekuatan otot dari skala 2 menjadi 3, berkurangnya kekakuan sendi, berkurangnya kelemahan fisik, serta meningkatnya kemampuan mempertahankan posisi duduk dengan bantuan keluarga. Masalah gangguan mobilitas fisik pada klien dinyatakan teratasi sebagian. **Kesimpulan** bahwa pemberian asuhan keperawatan secara komprehensif efektif membantu meningkatkan mobilitas fisik pada pasien stroke non hemoragik. **Saran** untuk perawat ruangan diharapkan mengoptimalkan program mobilisasi dini guna mempercepat pemulihan pasien.

Kata Kunci: Stroke Non Hemoragik, Gangguan Mobilitas Fisik, Asuhan Keperawatan, Mobilisasi, ROM.

ABSTRACT

Najwa Khairi (2026). *Nursing Care for Clients with Non-Hemorrhagic Stroke and Physical Mobility Impairments at Dr. Achmad Mochtar General Hospital, Bukittinggi. Scientific Case Study, DIII Nursing Program, Pekanbaru, Department of Nursing, Riau Ministry of Health Health Polytechnic. Advisors: (I) Hernitati, S.Pd., S.Kep., M.K.M; (II) Ns. Melly, SST., S.Kep., M.Kes.*

Background Non-hemorrhagic stroke is a disruption of blood flow to the brain caused by a blockage in a blood vessel, which can lead to neurological disorders, one of which is physical mobility impairment. This condition is characterized by decreased muscle strength and limited movement, thereby hindering the patient's daily activities. **The objective** of this case study is to describe the implementation of nursing care for a client with a non-hemorrhagic stroke and physical mobility impairment at Dr. Achmad Mochtar General Hospital in Bukittinggi. **The method** used was a descriptive case study involving a single research subject with physical mobility impairment. The nursing care process included assessment, nursing diagnosis, intervention, implementation, and evaluation. The study results showed that the patient experienced weakness in the left side of the body with decreased muscle strength. **The interventions** provided included mobility support, ROM exercises, gradual ambulation, and education for the patient and family. After three days of nursing care, there was an improvement in physical mobility, as evidenced by an increase in muscle strength from a grade of 2 to 3, reduced joint stiffness, reduced physical weakness, and improved ability to maintain a sitting position with family assistance. The client's physical mobility impairment was deemed partially resolved. **The conclusion** is that comprehensive nursing care effectively helps improve physical mobility in patients with non-hemorrhagic stroke. **The suggestion** for ward nurses is to optimize early mobilization programs to accelerate patient recovery.

Keywords: Stroke Non Hemoragik, Gangguan Mobilitas Fisik, Asuhan Keperawatan, Mobilisasi, ROM.