

ABSTRAK

Suci Rahma Dani (2026). Asuhan Keperawatan dengan Masalah Gangguan Mobilitas Fisik pada Klien Stroke Non Hemoragik di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Dr.Ns. Dewi Sartika, M.Kep (II) Ns. Syafrisar Meri Agritubella, M.Kep.

Stroke non hemoragik merupakan gangguan serebrovaskular akibat sumbatan aliran darah ke otak yang dapat menimbulkan kelemahan ekstremitas dan gangguan mobilitas fisik. Gangguan mobilitas fisik yang tidak ditangani secara optimal berisiko menurunkan kemandirian, menyebabkan kontraktur, dan menghambat aktivitas sehari-hari. Tujuan studi kasus ini adalah mendeskripsikan asuhan keperawatan dengan masalah gangguan mobilitas fisik pada klien stroke non hemoragik di wilayah kerja puskesmas Simpang Tiga Kota Pekanbaru. Metode yang digunakan adalah deskriptif dengan desain studi kasus pada satu klien melalui pendekatan asuhan keperawatan yang meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi dan evaluasi. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Hasil studi kasus menunjukkan adanya peningkatan kekuatan otot ekstremitas kiri atas dari 3-3-4-4 menjadi 4-5-5-5 dan ekstremitas kiri bawah dari 2-2-3-3 menjadi 4-4-5-5, serta peningkatan rentang gerak setelah pemberian latihan *Range of Motion* (ROM) selama tiga hari. Kesimpulan, latihan ROM efektif meningkatkan mobilitas fisik pada klien stroke non hemoragik. Saran bagi klien dan keluarga yaitu melanjutkan latihan ROM dan menjaga pola hidup sehat untuk mencegah stroke berulang.

Kata Kunci : Asuhan Keperawatan, Stroke Non Hemoragik, Gangguan Mobilitas Fisik, Latihan *Range Of Motion* (ROM)

ABSTRACT

Suci Rahma Dani (2026). Nursing Care for Non-Hemorrhagic Stroke Clients with Impaired Physical Mobility in the Simpang Tiga Community Health Center in Pekanbaru City. Scientific Paper: Case Study, Diploma III Nursing Study Program, Nursing Department, Health Polytechnic, Riau Ministry of Health. Supervisors: (I) Dr. Ns. Dewi Sartika, M.Kep (II) Ns. Syafrisar Meri Agritubella, M.Kep.

Non-hemorrhagic stroke is a cerebrovascular disorder caused by obstruction of blood flow to the brain that can lead to extremity weakness and physical mobility impairment. Physical mobility disorder that is not optimally managed risks reducing independence, causing contractures, and impeding daily activities. This case study aimed to describe nursing care for physical mobility disorder in a non-hemorrhagic stroke client at the working area of Simpang Tiga Primary Health Center, Pekanbaru City. A descriptive case study design was employed on one client using a nursing care approach encompassing assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interview, observation, physical examination, and documentation review. The results demonstrated an improvement in left upper extremity muscle strength from 3-3-4-4 to 4-5-5-5 and left lower extremity from 2-2-3-3 to 4-4-5-5, along with increased range of motion following three days of Range of Motion (ROM) exercises. In conclusion, ROM exercises were effective in improving physical mobility in non-hemorrhagic stroke clients. It is recommended that clients and families continue ROM exercises independently and maintain a healthy lifestyle to prevent recurrent stroke.

Keywords: Nursing Care, Non-Hemorrhagic Stroke, Impaired Physical Mobility, Range of Motion (ROM) Exercises