

ABSTRAK

Zahra Annisa (2026) Asuhan Keperawatan pada Klien Stroke Non Hemoragik dengan Masalah Keperawatan Gangguan Mobilitas Fisik Di Rsud Dr. Achmad Mochtar Bukittinggi. Karya Tulis Ilmiah Studi Kasus, Program Studi D III Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Nia Khusniyati, M.Kep.,Sp.Kep.M.B, Pembimbing (II) Ns. Yoza Misra Fatmi, M.Kep.,Sp.Kep.M.B.

Berdasarkan latar belakang Stroke non hemoragik merupakan gangguan neurologis akibat terhambatnya aliran darah ke otak yang dapat menyebabkan kelemahan ekstremitas dan gangguan mobilitas fisik. Gangguan mobilitas fisik merupakan masalah keperawatan yang sering ditemukan pada pasien stroke karena adanya penurunan kekuatan otot dan keterbatasan gerak yang dapat menghambat aktivitas sehari-hari. Tujuan studi kasus ini adalah melaksanakan asuhan keperawatan pada klien stroke non hemoragik dengan masalah keperawatan gangguan mobilitas fisik di RSUD Dr. Achmad Mochtar Bukittinggi. Metode penelitian ini menggunakan desain deskriptif dalam bentuk studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah satu orang klien dengan diagnosis stroke non hemoragik yang mengalami gangguan mobilitas fisik. Studi kasus dilakukan pada tanggal 06 sampai dengan 9 April 2026 di Ruang Neurologi Ambun Suri Lt 2 RSUD Dr. Achmad Mochtar Bukittinggi, dengan subjek penelitian Ny. F berusia 53 tahun. Hasil pengkajian menunjukkan klien mengalami kelemahan ekstremitas atas dan bawah sebelah kiri, kesulitan menggerakkan anggota gerak, kebas pada tangan dan kaki kiri, serta bicara pelo. Diagnosis keperawatan yang ditegakkan adalah gangguan mobilitas fisik berhubungan dengan gangguan neuromuskular. Intervensi yang diberikan meliputi dukungan mobilisasi, latihan *Range of Motion* (ROM) aktif, pemantauan kondisi umum, serta edukasi kepada pasien dan keluarga. Setelah dilakukan implementasi selama 3 hari, terjadi peningkatan kekuatan otot ekstremitas atas kiri menjadi 4 dan ekstremitas bawah kiri menjadi 5, peningkatan kemampuan menggerakkan ekstremitas, peningkatan rentang gerak sendi, serta penurunan kelemahan fisik. Masalah keperawatan dinyatakan teratasi sebagian.

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

ABSTRACT

Zahra Annisa (2026). Nursing Care for Non-Hemorrhagic Stroke Clients with Nursing Problems of Physical Mobility Disorders at Dr. Achmad Mochtar Regional Hospital, Bukittinggi. Scientific Paper Case Study, D III Nursing Study Program, Pekanbaru, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor (I) Ns. Nia Khusniyati, M.Kep.,Sp.Kep.M.B, Supervisor (II) Ns. Yoza Misra Fatmi, M.Kep.,Sp.Kep.M.B.

Based on the background, non-hemorrhagic stroke is a neurological disorder caused by obstruction of blood flow to the brain which can cause weakness of the extremities and impaired physical mobility. Impaired physical mobility is a nursing problem often found in stroke patients due to decreased muscle strength and limited movement that can hinder daily activities. The purpose of this case study is to implement nursing care for non-hemorrhagic stroke clients with nursing problems of physical mobility disorders at Dr. Achmad Mochtar Regional Hospital, Bukittinggi. This research method uses a descriptive design in the form of a case study with a nursing process approach that includes assessment, nursing diagnosis, intervention, implementation, and evaluation. The research subject was one client diagnosed with non-hemorrhagic stroke who experienced impaired physical mobility. The case study was conducted from April 6 to 9, 2026, in the Neurology Room, Ambun Suri, 2nd Floor, Dr. Achmad Mochtar Hospital, Bukittinggi, with the research subject, Mrs. F, aged 53 years. The assessment results showed the client experiencing weakness of the left upper and lower extremities, difficulty moving limbs, numbness in the left hand and foot, and slurred speech. The established nursing diagnosis was impaired physical mobility related to neuromuscular disorders. Interventions provided included mobilization support, active *Range of Motion* (ROM) exercises, general condition monitoring, and education for the patient and family. After 3 days of implementation, there was an increase in muscle strength of the left upper extremity to 4 and the left lower extremity to 5, increased ability to move the extremities, increased joint range of motion, and decreased physical weakness. The nursing problem was declared partially resolved.

Keywords: Non-Hemoragic Stroke, Physical Mobility Disorders, Nursing Care, Active ROM.