

ABSTRAK

Asuhan Keperawatan pada Klien Stroke Non Hemoragik dengan Masalah Keperawatan Gangguan Mobilitas Fisik di Rumah Sakit Otak Dr. Drs. M. Hatta Bukittinggi. Siti Nur Safitriani (2026), Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Yulianto, S.Kep., M.Pd., MPH, Pembimbing (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Latar Belakang: Stroke Non Hemoragik merupakan gangguan aliran darah ke otak yang dapat menyebabkan kelemahan anggota gerak dan gangguan mobilitas fisik. **Tujuan:** Menggambarkan asuhan keperawatan pada klien stroke non hemoragik dengan masalah keperawatan gangguan mobilitas fisik di Rumah Sakit Otak DR. Drs. M. Hatta Bukittinggi. **Metode:** Studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. **Hasil:** Pengkajian pada Ny. R menunjukkan kelemahan ekstremitas kiri, kebas, kaku, bicara sedikit pelo, dan kekuatan otot ekstremitas kiri skala 3. Diagnosis keperawatan yang ditegakkan latihan gangguan mobilitas fisik berhubungan dengan gangguan neuromuskular. Intervensi yang diberikan berupa dukungan mobilisasi dan *Range of Motion* (ROM) selama 4×24 jam dengan melibatkan keluarga. Hasil evaluasi menunjukkan pasien lebih mudah bergerak, kaku dan kebas berkurang, mampu melakukan ROM dengan bantuan minimal, serta kekuatan otot meningkat menjadi skala 4. **Kesimpulan:** Asuhan Keperawatan yang diberikan efektif dalam meningkatkan mobilitas fisik pada pasien Stroke Non Hemoragik. **Saran:** Pasien diharapkan latihan ROM dan mobilisasi bertahap tetap dilanjutkan untuk meningkatkan kemampuan mobilisasi.

Kata Kunci: Stroke Non Hemoragik, Gangguan Mobilitas Fisik, *Range of Motion*, mobilisasi.

ABSTRACT

Nursing Care for Non-Hemorrhagic Stroke Clients with Physical Mobility Impairment at DR. Drs. M. Hatta Brain Hospital Bukittinggi. Siti Nur Safitriani (2026), Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Yulianto, S.Kep., M.Pd., MPH, Supervisor (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Background: Non-hemorrhagic stroke is a disorder of blood flow to the brain that may cause limb weakness and physical mobility impairment. **Objective:** This case study aimed to describe nursing care for a non-hemorrhagic stroke client with physical mobility impairment at DR. Drs. M. Hatta Brain Hospital Bukittinggi. **Method:** This study used a case study method with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observation, physical examination, and documentation study. **Results:** The assessment of Mrs. R showed left extremity weakness, numbness, stiffness, mild slurred speech, and left extremity muscle strength at scale 3. The nursing diagnosis established was physical mobility impairment related to neuromuscular dysfunction. The interventions provided were mobilization support and Range of Motion (ROM) exercises for 4×24 hours involving the family. The evaluation showed that the patient was able to move more easily, stiffness and numbness decreased, ROM exercises could be performed with minimal assistance, and muscle strength increased to scale 4. **Conclusion:** The nursing care provided was effective in improving physical mobility in a non-hemorrhagic stroke patient. **Recommendation:** The patient is advised to continue ROM exercises and gradual mobilization to improve mobility ability.

Keywords: Non-Hemorrhagic Stroke, Physical Mobility Impairment, *Range of Motion*, Mobilization.