

ABSTRAK

Fatima Zahra Ramadanti (2026), Asuhan Keperawatan Pada Lansia Stroke Non Hemoragik Dengan Masalah Gangguan Mobilitas Fisik Di Wilayah Kerja Puskesmas Simpang Tiga. Karya Tulis Ilmiah, Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Rusherina, S.Pd., S.Kep.,M.Kes, Pembimbing (II) Ns. Yulianto, S.Kep., M.Pd., MPH.

Stroke Non Hemoragik merupakan gangguan akibat sumbatan aliran darah otak yang memicu kelemahan neuromuskular dan gangguan mobilitas fisik yang berdampak pada keterbatasan gerak ekstremitas, kekakuan sendi, dan penurunan kapasitas fungsional. **Tujuan** studi kasus ini adalah mendeskripsikan asuhan keperawatan pada klien Stroke Non Hemoragik di Wilayah Kerja Puskesmas Simpang Tiga. **Metode** yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosa, intervensi, implementasi, dan evaluasi pada satu orang klien yaitu Tn. J selama 5 kali kunjungan. **Hasil** pengkajian menunjukkan klien mengalami kelemahan ekstremitas kiri dengan kekuatan otot 2/5 pada ekstremitas atas dan bawah, penurunan kognitif, ketergantungan fisik berat, dan resiko jatuh tinggi. Diagnosa keperawatan yang ditegakkan yaitu gangguan mobilitas fisik berhubungan dengan gangguan neuromuskular. Intervensi yang diberikan berfokus pada latihan Range of Motion (RoM) selama 10-15 menit. Hasil evaluasi menunjukan gangguan mobilitas fisik teratasi sebagian yang ditandai dengan peningkatan rentang gerak sendi ekstremitas kiri serta peningkatan kemandirian keluarga dalam membantu rentang gerak klien dan aktivitas harian klien. **Disarankan** agar keluarga meningkatkan kepatuhan dalam melanjutkan latihan RoM secara rutin dan mandiri di rumah guna mencegah komplikasi kontraktur permanen.

Kata Kunci: Stroke Non Hemoragik, Asuhan Keperawatan, Gangguan Mobilitas Fisik, Range of Motion dan Lansia.

ABSTRACT

Fatima Zahra Ramadanti (2026). *Nursing Care for an Elderly Patient with Non-Hemorrhagic Stroke and Impaired Physical Mobility in the Working Area of Simpang Tiga Public Health Center*. Scientific Paper, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau, Supervisor (I) Ns. Rusherina, S.Pd., S.Kep., M.Kes, (II) Ns. Yulianto, S.Kep., M.Pd., MPH.

*Non-hemorrhagic stroke is a condition caused by obstruction of blood flow to the brain, resulting in neuromuscular weakness and impaired physical mobility that affects extremity movement, joint flexibility, and functional capacity. **The purpose** of this case study was to describe nursing care provided to a client with non-hemorrhagic stroke in the working area of Simpang Tiga Public Health Center. **The method** used was a case study with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation, conducted through five home visits to one client, Mr. J. **The result** assessment findings showed weakness of the left upper and lower extremities with muscle strength of 2/5, moderate cognitive impairment, severe physical dependence, and a high risk of falls. The nursing diagnosis established was impaired physical mobility related to neuromuscular impairment. Interventions focused on Range of Motion (ROM) exercises for 10–15 minutes. Evaluation results indicated partial improvement in physical mobility, evidenced by increased joint range of motion in the left extremities and improved family independence in assisting the client's daily activities. Families are encouraged to continue ROM exercises regularly at home to prevent permanent contractures.*

Keywords: *Non-Hemorrhagic Stroke, Nursing Care, Impaired Physical Mobility, Range of Motion, Elderly.*