

ABSTRAK

Magfirotin Kholifatut Sofia (2026). Asuhan Keperawatan pada Klien Stroke dengan Masalah Keperawatan Gangguan Mobilitas Fisik di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Dosen Pembimbing (1) Ns. Sari Anggela, M.Kep., Sp.Kep.A, (2) Ns. Masnun, SST., S.Ked., M.Biomed.

Latar belakang : Stroke merupakan gangguan fungsi otak akibat terhambatnya aliran darah ke otak yang dapat menyebabkan kelemahan hingga kelumpuhan anggota gerak. Kondisi ini sering menimbulkan masalah keperawatan berupa gangguan mobilitas fisik yang berdampak pada keterbatasan aktivitas sehari-hari pasien. **Tujuan :** studi kasus ini adalah mendeskripsikan asuhan keperawatan pada klien stroke dengan gangguan mobilitas fisik di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. **Metode :** yang digunakan adalah studi kasus deskriptif pada satu klien stroke non hemoragik dengan gangguan mobilitas fisik. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Asuhan keperawatan dilakukan melalui tahap pengkajian, diagnosis, intervensi, implementasi, dan evaluasi selama 3×24 jam. **Hasil :** studi menunjukkan klien mengalami kelemahan ekstremitas kanan, kesulitan berbicara, dan penurunan kekuatan otot. Diagnosis keperawatan yang ditegakkan adalah gangguan mobilitas fisik berhubungan dengan gangguan neuromuskular. Intervensi meliputi dukungan mobilisasi, latihan *Range of Motion* (ROM), pemantauan tanda vital, dan edukasi keluarga. Setelah tindakan keperawatan, terjadi peningkatan kemampuan mobilisasi dan kekuatan otot secara bertahap. **Kesimpulan :** asuhan keperawatan melalui dukungan mobilisasi dan latihan ROM efektif meningkatkan mobilitas fisik pada klien stroke. **Saran :** pasien dan keluarga melaksanakan latihan ROM secara rutin untuk mendukung pemulihan.

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

ABSTRACT

Magfirotin Kholifatus Sofia (2026). *Nursing Care for Stroke Clients with Nursing Problems of Physical Mobility Disorders in the Work Area of the Simpang Tiga Pekanbaru Community Health Center. Scientific Paper Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic, Ministry of Health, Riau. Supervisors (1) Ns. Sari Anggela, M.Kep., Sp.Kep.A, (2) Ns. Masnun, SST., S.Kep., M.Biomed.*

Background : Stroke is a neurological disorder caused by impaired blood flow to the brain, which can result in weakness or paralysis of the limbs. This condition often leads to impaired physical mobility, affecting the patient's ability to perform daily activities. **Objective :** This case study aimed to describe nursing care for a client with stroke and impaired physical mobility in the working area of Simpang Tiga Public Health Center, Pekanbaru. **Method :** This study used a descriptive case study approach involving one client with non-hemorrhagic stroke who experienced impaired physical mobility. Data were collected through interviews, observation, physical examination, and documentation review. Nursing care was carried out through assessment, nursing diagnosis, intervention, implementation, and evaluation over a period of 3 × 24 hours. **Results :** showed that the client experienced weakness of the right extremities, difficulty speaking, and decreased muscle strength. The nursing diagnosis established was impaired physical mobility related to neuromuscular impairment. Interventions included mobility support, Range of Motion (ROM) exercises, monitoring of vital signs, and family education. Following the nursing interventions, gradual improvements in mobility and muscle strength were observed. **Conclusion :** nursing care through mobility support and ROM exercises was effective in improving physical mobility in a client with non-hemorrhagic stroke. **Recommendations :** Patients and families are encouraged to perform ROM exercises regularly to support recovery.

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