

## ABSTRAK

Putri Yulia Wisran (2026). *Asuhan Keperawatan Pada Klien Stroke Non Hemoragik Dengan Masalah Keperawatan Gangguan Mobilitas Fisik di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kementerian Kesehatan Riau. Pembimbing (I) Ns. Syafrisar Meri Agritubella, M.Kep., (II) Dr. Ns. Dewi Sartika, M.Kep.

Stroke non hemoragik merupakan gangguan aliran darah ke otak akibat penyumbatan pembuluh darah yang dapat menyebabkan gangguan fungsi neurologis, termasuk penurunan kemampuan motorik. Kondisi tersebut dapat menimbulkan masalah keperawatan gangguan mobilitas fisik yang berdampak pada keterbatasan aktivitas sehari-hari. Tujuan karya tulis ilmiah ini adalah untuk menggambarkan pelaksanaan asuhan keperawatan pada klien stroke non hemoragik dengan masalah keperawatan gangguan mobilitas fisik. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Hasil pengkajian menunjukkan klien mengalami kelemahan pada ekstremitas kiri, kesulitan berjalan, dan menggunakan tongkat sebagai alat bantu mobilisasi. Intervensi keperawatan yang diberikan meliputi dukungan mobilisasi, pemantauan kondisi fisik, edukasi kesehatan, serta pelibatan keluarga dalam latihan gerak sesuai kemampuan klien. Setelah dilakukan tindakan keperawatan selama 1×24 jam, hasil evaluasi menunjukkan adanya perubahan pada kemampuan mobilitas dan kekuatan otot klien, namun masalah gangguan mobilitas fisik belum teratasi sepenuhnya sehingga memerlukan tindak lanjut. Disimpulkan bahwa pelaksanaan asuhan keperawatan pada klien stroke non hemoragik dengan gangguan mobilitas fisik telah dilakukan sesuai tahapan proses keperawatan. Disarankan klien dan keluarga melanjutkan latihan mobilisasi secara bertahap dan rutin sesuai anjuran tenaga kesehatan.

**Kata Kunci :** Asuhan Keperawatan, Gangguan Mobilitas Fisik, Kemandirian Aktivitas Sehari-hari, Latihan Rentang Gerak (ROM), Stroke Non Hemoragik

## ABSTRACT

Putri Yulia Wisran (2026). *Nursing Care for Clients with Non-Hemorrhagic Stroke with Impaired Physical Mobility in the Working Area of Simpang Tiga Community Health Center Pekanbaru*. Scientific Paper of Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of Ministry of Health Riau. Supervisor (I) Ns. Syafrisar Meri Agritubella, M.Kep., (II) Dr. Ns. Dewi Sartika, M.Kep.

Non-hemorrhagic stroke is a disruption of blood flow to the brain caused by blockage of blood vessels, which can lead to neurological dysfunction, including decreased motor abilities. This condition may result in the nursing problem of impaired physical mobility, affecting the patient's ability to perform activities of daily living independently. The purpose of this scientific paper is to describe the implementation of nursing care for a client with non-hemorrhagic stroke experiencing impaired physical mobility. The method used was a case study approach based on the nursing process, which includes assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observation, physical examination, and documentation review. The assessment results indicated that the client experienced weakness in the left extremities, difficulty walking, and required a cane as a mobility aid. Nursing interventions provided included mobility support, physical condition monitoring, health education, and family involvement in movement exercises according to the client's abilities. After the implementation of nursing care for 1 × 24 hours, the evaluation showed improvements in the client's mobility and muscle strength. However, the problem of impaired physical mobility had not been completely resolved and therefore required further follow-up care. It can be concluded that the nursing care provided to the client with non-hemorrhagic stroke and impaired physical mobility was carried out according to the stages of the nursing process. It is recommended that the client and family continue gradual and regular mobility exercises in accordance with healthcare professionals' recommendations.

**Keywords:** Nursing Care, Impaired Physical Mobility, Independence in Activities of Daily Living, Range of Motion (ROM) Exercises, Non-Hemorrhagic Stroke