

ABSTRAK

Mariana Siska Zebua (2026). *Asuhan Keperawatan Pada Lansia Arthritis Reumatoid Dengan Masalah Keperawatan Gangguan Mobilitas Fisik Di UPT PSTW Husnul Khotimah Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Dr. Ibnu Rusdi, S.Kp., M.Kes, (II) Ardenny, S.Kep., Nrs., M.Kep.

Latar belakang: Arthritis Reumatoid merupakan penyakit peradangan kronis pada sendi yang sering terjadi pada lansia dan menyebabkan nyeri, kekakuan sendi, serta keterbatasan mobilitas fisik. kondisi ini dapat menurunkan kemampuan individu dalam melakukan aktivitas sehari-hari dan meningkatkan ketergantungan. Penanganan yang tepat melalui asuhan keperawatan diperlukan untuk mencegah komplikasi lebih lanjut dan meningkatkan kualitas hidup lansia. **Tujuan Penelitian:** Mendeskripsikan pelaksanaan asuhan keperawatan pada lansia dengan arthritis reumatoid yang mengalami gangguan mobilitas fisik di UPT PSTW Husnul Khotimah Pekanbaru. **Metode Penelitian:** Penelitian menggunakan studi kasus deskriptif dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada 1 lansia dengan arthritis reumatoid. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. **Hasil Penelitian:** Hasil pengkajian menunjukkan pasien mengalami gangguan neuromuskular pada sendi, kekakuan ekstremitas bawah, kelemahan otot, dan keterbatasan aktivitas. Diagnosis utama yaitu gangguan mobilitas fisik. tindakan keperawatan berupa latihan rentang gerak (ROM) guna membantu peningkatan mobilitas, penurunan nyeri dan kekakuan sendi secara teratur dan terstruktur. **Kesimpulan:** Hasil penelitian menunjukkan adanya peningkatan mobilitas fisik pada subjek setelah dilakukan latihan rentang gerak (ROM). **Saran:** Disarankan latihan rentang gerak (ROM) dapat diterapkan secara rutin sesuai kemampuan lansia dengan pendampingan tenaga kesehatan guna meningkatkan fungsi ekstremitas dan kemampuan gerak. keterlibatan keluarga sangat diperlukan untuk mendukung keberlanjutan latihan dan meningkatkan kemandirian lansia.

Kata Kunci: Asuhan Keperawatan, Lansia, Arthritis Reumatoid, Gangguan Mobilitas Fisik, Latihan rentang gerak (ROM).

ABSTRACT

Mariana Siska Zebua (2026). *Nursing Care for Older Adults with Rheumatoid Arthritis with Experiencing Impaired Physical Mobility at UPT PSTW Husnul Khotimah Pekanbaru. Case Study Scientific Paper, Pekanbaru Study Diploma III Nursing Program, Nursing Department, Ministry of Health Polytechnic Health Of Riau. Supervisors (I) Dr. Ibnu Rusdi, S.Kp., M.Kes, (II) Ardenny, S.Kep., Nrs., M.Kep.*

Background: Rheumatoid Arthritis is a chronic inflammatory joint disease that commonly occurs in older adults and causes pain, joint stiffness, and limited physical mobility. this condition can reduce an individual's ability to perform daily activities and increase dependency. proper management through nursing care is required to prevent further complications and improve the quality of life in older adults. **Objective:** To describe the implementation of nursing care for older adults with rheumatoid arthritis who experience impaired physical mobility at UPT PSTW Husnul Khotimah Pekanbaru. **Methods:** This study used a descriptive case study design with a nursing process approach, including assessment, diagnosis, intervention, implementation, and evaluation in one older adult with rheumatoid arthritis. data were collected through interviews, observation, physical examination, and documentation. **Results:** The assessment results showed that the patient experienced neuromuscular impairment in the joints, stiffness in the lower extremities, muscle weakness, and activity limitations. The main nursing diagnosis was impaired physical mobility. nursing interventions included Range of Motion (ROM) exercises to improve mobility and reduce pain and joint stiffness in a regular and structured manner. **Conclusion:** The results showed an improvement in physical mobility after the implementation of ROM exercises. **Suggestion:** ROM exercises are recommended to be performed regularly according to the older adult's ability with supervision from healthcare providers to improve extremity function and mobility. family involvement is essential to support continuity of care and enhance independence.

Keywords: Nursing Care, Older Adults, Rheumatoid Arthritis, Impaired Physical Mobility, Range of Motion (ROM) exercises.