

ABSTRAK

Asuhan Keperawatan Pada Klien Dengan Stroke Non Hemoragik Di RSUD Arifin Achmad Pekanbaru. Natasya Rahmi Putri (2026), Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) R. Sakhnan, S.KM., M.Kes. Pembimbing (II) Husnan, S.Kep., M.KM.

Stroke non hemoragik merupakan gangguan neurologis akibat terhambatnya aliran darah ke otak yang dapat menyebabkan berbagai komplikasi, salah satunya gangguan mobilitas fisik. Gangguan ini mengakibatkan keterbatasan kemampuan pasien dalam melakukan aktivitas sehari-hari sehingga memerlukan asuhan keperawatan yang tepat. Tujuan studi kasus ini adalah untuk memberikan gambaran pelaksanaan asuhan keperawatan pada pasien stroke non hemoragik dengan gangguan mobilitas fisik. Studi kasus dilakukan pada tanggal 17 April 2026 sampai dengan 20 April 2026 di Ruang Krisan RSUD Arifin Achmad Pekanbaru dengan menggunakan metode deskriptif melalui pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Hasil pengkajian menunjukkan pasien mengalami kelemahan pada kedua tungkai bawah, tidak mampu berjalan secara mandiri, bicara pelo, dan keterbatasan aktivitas sehari-hari. Diagnosa keperawatan yang ditegakkan yaitu gangguan mobilitas fisik, risiko perfusi serebral tidak efektif, dan defisit perawatan diri. Setelah dilakukan tindakan keperawatan selama empat hari, masalah gangguan mobilitas fisik belum teratasi sepenuhnya, namun terdapat peningkatan kemampuan mobilisasi di tempat tidur dan kemampuan duduk pasien. Disarankan agar latihan Range of Motion (ROM) dilakukan secara berkelanjutan dengan melibatkan keluarga untuk mendukung pemulihan fungsi mobilitas pasien.

Kata kunci: Stroke non hemoragik, gangguan mobilitas fisik, asuhan keperawatan, latihan ROM.

ABSTRACT

Nursing Care for a Client with Non-Hemorrhagic Stroke at Arifin Achmad Regional General Hospital, Pekanbaru. Natasya Rahmi Putri (2026), Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor I: R. Sakhnan, S.KM., M.Kes. Supervisor II: Husnan, S.Kep., M.KM.

Non-hemorrhagic stroke is a neurological disorder caused by the obstruction of blood flow to the brain, which can cause various complications, one of which is impaired physical mobility. This disorder results in limitations in the patient's ability to perform daily activities, thus requiring appropriate nursing care. The purpose of this case study is to provide an overview of the implementation of nursing care for a non-hemorrhagic stroke patient with impaired physical mobility. The case study was conducted from April 17, 2026, to April 20, 2026, in the Krisan Room of Arifin Achmad Pekanbaru Regional Hospital using a descriptive method through a nursing process approach that includes assessment, diagnosis, intervention, implementation, and evaluation. The assessment results showed that the patient experienced weakness in both lower limbs, was unable to walk independently, had slurred speech, and had limitations in daily activities. The nursing diagnoses established were impaired physical mobility, risk of ineffective cerebral perfusion, and self-care deficit. After four days of nursing care, the problem of impaired physical mobility had not been completely resolved, but there was an increase in the patient's ability to mobilize in bed and sit. It is recommended that Range of Motion (ROM) exercises be performed continuously with family involvement to support the patient's recovery of mobility.

Keywords: Non-hemorrhagic stroke, impaired physical mobility, nursing care, (Range Of Motion) ROM