

## ABSTRAK

Hafizhah Husna (2026). Asuhan Keperawatan pada Klien Stroke Non Hemoragik dengan Masalah Keperawatan Gangguan Mobilitas Fisik Di Wilayah Kerja Puskesmas Melur Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Syafrisar Meri Agritubella, S.Kep., M.Kep (II) Dr. Ns. Dewi Sartika, M.Kep

**Latar Belakang :** Stroke non hemoragik merupakan gangguan persarafan yang terjadi akibat sumbatan pada pembuluh darah di otak yang menyebabkan aliran darah yang membawa oksigen dan nutrisi ke jaringan otak terhenti atau berkurang signifikan. Salah satu masalah keperawatan yang sering muncul pada klien stroke non hemoragik adalah gangguan mobilitas fisik akibat penurunan kekuatan otot.

**Tujuan studi kasus :** Untuk mendeskripsikan asuhan keperawatan pada klien stroke non hemoragik dengan masalah keperawatan gangguan mobilitas fisik di Wilayah Kerja Puskesmas Melur Kota Pekanbaru. **Metode :** Penelitian ini menggunakan pendekatan deskriptif dengan metode studi kasus 1 subyek. Pengumpulan data melalui wawancara, observasi dan pemeriksaan fisik, dan studi dokumentasi. Implementasi dilakukan selama empat hari sesuai dengan rencana tindakan keperawatan yang telah disusun, meliputi pengkajian, diagnosis, intervensi, implementasi dan evaluasi. **Hasil :** Menunjukkan bahwa berkurangnya kekakuan pada kaki dan tangan terutama pada bagian jari - jari, meningkatnya kemampuan pergerakan ekstremitas, serta kemampuan klien dalam melakukan latihan pergerakan ROM secara mandiri. **Kesimpulan :** Asuhan keperawatan melalui dukungan mobilisasi dan latihan ROM dapat meningkatkan mobilitas fisik pada klien stroke non hemoragik. **Saran :** Diharapkan pada klien dan keluarga untuk melakukan pergerakan ROM dan meningkatkan kemampuan mobilitas fisik secara bertahap.

Kata kunci : Asuhan Keperawatan, Stroke Non Hemoragik, Gangguan Mobilitas Fisik, Latihan *Range Of Motion* (ROM), Kekuatan Otot

## ABSTRACT

Hafizhah Husna (2026). *Nursing Care for Non-Hemorrhagic Stroke Clients with Nursing Problems with Physical Mobility Disorders in the Working Area of the Melur Health Center, Pekanbaru City*. Scientific Paper Case Study, DIII Nursing Study Program, Health Polytechnic of the Ministry of Health, Riau. Supervisor (I) Ns. Syafrisar Meri Agritubella, S.Kep., M.Kep (II) Dr. Ns. Dewi Sartika, M.Kep

**Background:** Non-hemorrhagic stroke is a neurological disorder that occurs due to blockages in blood vessels in the brain that cause blood flow that carries oxygen and nutrients to brain tissue to be stopped or significantly reduced. One of the nursing problems that often arise in non-hemorrhagic stroke clients is impaired physical mobility due to decreased muscle strength. **Objective:** This case study aimed to describe nursing care provided to a patient with non-hemorrhagic stroke who experienced impaired physical mobility in the Working Area of Melur Public Health Center, Pekanbaru City. **Methods:** This study used a descriptive approach with a single-subject case study design. Data were collected through interviews, observations, physical examinations, and documentation reviews. Nursing care was implemented for four days based on the planned nursing interventions, including assessment, nursing diagnosis, intervention, implementation, and evaluation. **Results:** The results showed a reduction in stiffness of the hands and feet, especially in the fingers, improvement in extremity movement ability, and an increased ability of the patient to perform Range of Motion (ROM) exercises independently. **Conclusions:** Nursing care through mobilization support and ROM exercises can improve physical mobility in non-hemorrhagic stroke clients. **Suggestion:** Clients and families are expected to perform ROM movements and gradually improve physical mobility capabilities.

Keywords: Nursing Care, Non-Hemorrhagic Stroke, Physical Mobility Disorders, *Range Of Motion* (ROM) Training, Muscle Strength