

ABSTRAK

Sylva Safiola (2026) Asuhan Keperawatan pada klien Stroke Non Hemoragik dengan Masalah Keperawatan Gangguan Mobilitas Fisik di Wilayah Kerja Puskesmas Tenayan Raya. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Dr. Ibnu Rusdi, S.Kp., M.Kes. (II) Ns. Ardenny, M.Kep.

Kata Kunci: Asuhan Keperawatan, Gangguan Mobilitas Fisik, Latihan Range Of Motion (ROM), Stroke Non Hemoragik

Latar Belakang: Stroke Non Hemoragik adalah gangguan neurologis akibat sumbatan pembuluh darah otak menyebabkan kurangnya suplai oksigen dan nutrisi ke jaringan otak. **Tujuan:** Mendeskripsikan pemberian Asuhan Keperawatan pada klien Stroke Non Hemoragik dengan Masalah Keperawatan Gangguan Mobilitas Fisik di Wilayah Kerja Puskesmas Tenayan Raya. **Metode Penelitian:** Penelitian ini menggunakan pendekatan deskriptif dengan format asuhan keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada satu klien selama 07–11 April 2026. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. **Hasil Penelitian:** Pasien mengeluh lemah dan sulit menggerakkan ekstremitas kiri atas dan bawah. Setelah diberikan intervensi dukungan mobilisasi, terjadi peningkatan kekuatan otot ekstremitas kiri atas dari 2-2-2-2 menjadi 3-3-3-3 dan ekstremitas kiri bawah dari 3-3-3-3 menjadi 4-4-4-4, disertai peningkatan rentang gerak serta penurunan kelemahan dan kekakuan sendi.. **Kesimpulan:** Hasil menunjukkan adanya peningkatan, ditandai dengan peningkatan kekuatan otot, sehingga masalah gangguan mobilitas fisik teratasi sebagian. **Saran:** Diharapkan dapat menjadi acuan bagi pelayanan kesehatan, pendidikan, dan penelitian selanjutnya dalam meningkatkan asuhan keperawatan pada pasien Stroke Non Hemoragik dengan gangguan mobilitas fisik.

ABSTRACT

Sylva Safiola (2026) Nursing Care for a Client with Non-Hemorrhagic Stroke Presenting with the Nursing Diagnosis of Impaired Physical Mobility within the Working Area of the Tenayan Raya Public Health Center. Case Study Scientific Paper, Diploma III Nursing Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau.

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

Background: *Non-hemorrhagic stroke is a neurological disorder caused by the obstruction of cerebral blood vessels, resulting in inadequate oxygen and nutrient supply to brain tissues. **Objective:** To describe the provision of nursing care for a client with non-hemorrhagic stroke experiencing impaired physical mobility in the working area of Tenayan Raya Community Health Center. **Methods:** This study employed a descriptive case study approach using the nursing care process, which included assessment, nursing diagnosis, intervention, implementation, and evaluation for one client from April 7 to April 11, 2026. Data were collected through interviews, observations, physical examinations, and documentation. **Results:** The client complained of weakness and difficulty moving the left upper and lower extremities. Following the implementation of mobility support interventions, muscle strength in the left upper extremity improved from 2-2-2-2 to 3-3-3-3, while muscle strength in the left lower extremity increased from 3-3-3-3 to 4-4-4-4. These improvements were accompanied by an increased range of motion and a reduction in weakness and joint stiffness. **Conclusion:** The findings demonstrated improvement, as evidenced by increased muscle strength; therefore, the nursing problem of impaired physical mobility was partially resolved. **Suggestion:** The results of this study are expected to serve as a reference for healthcare services, nursing education, and future research in improving nursing care for patients with non-hemorrhagic stroke experiencing impaired physical mobility.*