

ABSTRAK

Natasa Tiffany (2026) Asuhan Keperawatan Lansia Pada Tn. S Stroke Non Hemoragik Dengan Masalah Keperawatan Gangguan Mobilitas Fisik Di UPT PSTW Husnul Khotimah Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Wiwiek Delvira, S. Kep., M. Kep (II) Ns. Erni Forwaty, S. Kep., M. Kep

Stroke non hemoragik merupakan gangguan neurologis akibat terhambatnya aliran darah ke otak yang dapat menyebabkan kelemahan ekstremitas dan gangguan mobilitas fisik, terutama pada lansia. Studi kasus ini bertujuan untuk mendeskripsikan pelaksanaan asuhan keperawatan pada lansia dengan stroke non hemoragik dan masalah keperawatan gangguan mobilitas fisik di UPT PSTW Husnul Khotimah Pekanbaru. Penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada satu subjek berusia 65 tahun. Proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Diagnosis keperawatan utama adalah gangguan mobilitas fisik berhubungan dengan gangguan neuromuskular. Intervensi yang diberikan berupa dukungan mobilisasi, latihan Range of Motion (ROM) pasif, pemantauan tanda-tanda vital, serta edukasi. Implementasi dilakukan selama lima hari. Hasil evaluasi menunjukkan peningkatan rentang gerak, penurunan kekakuan sendi, dan peningkatan kekuatan otot ekstremitas kanan dari skala 2 menjadi 3. Kesimpulan, latihan ROM pasif efektif dalam meningkatkan mobilitas fisik pada lansia dengan stroke non hemoragik. Disarankan latihan dilakukan secara rutin untuk mempercepat pemulihan fungsi motorik.

Kata Kunci: Lansia, Stroke Non Hemoragik, Gangguan Mobilitas Fisik, *Range of Motion*

ABSTRAC

Natasa Tiffany (2026). *Nursing Care for an Elderly Patient (Mr. S) with Non-Hemorrhagic Stroke and the Nursing Problem of Impaired Physical Mobility at UPT PSTW Husnul Khotimah Pekanbaru*. Scientific Paper of Case Study, Diploma III Nursing Program, Health Polytechnic of the Ministry of Health Riau. Advisors: (I) Ns. Wiwiek Delvira, S.Kep., M.Kep.; (II) Ns. Erni Forwaty, S.Kep., M.Kep.

Non-hemorrhagic stroke is a neurological disorder caused by impaired blood flow to the brain, resulting in extremity weakness and impaired physical mobility, particularly in older adults. This case study aimed to describe the implementation of nursing care for an elderly patient with non-hemorrhagic stroke and impaired physical mobility at UPT PSTW Husnul Khotimah Pekanbaru. This study used a descriptive case study design involving one 65-year-old subject. The nursing process included assessment, nursing diagnosis, intervention, implementation, and evaluation. The primary nursing diagnosis was impaired physical mobility related to neuromuscular impairment. Interventions included mobility support, passive Range of Motion (ROM) exercises, vital sign monitoring, and health education. The interventions were implemented for five days. Evaluation results showed improved range of motion, reduced joint stiffness, and increased muscle strength of the right extremities from grade 2 to grade 3. In conclusion, passive ROM exercises were effective in improving physical mobility in elderly patients with non-hemorrhagic stroke. Routine ROM exercises are recommended to accelerate motor function recovery.

Keywords: *Elderly, Non-Hemorrhagic Stroke, Impaired Physical Mobility, Range of Motion*