

ABSTRAK

Nova Ramaiza (2026). Asuhan Keperawatan Pada Lansia *Osteoarthritis* Dengan Masalah Keperawatan Gangguan Mobilitas Fisik di UPT PSTW Husnul Khotimah Pekanbaru. Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau, Pembimbing (I) Ns. Idayanti, S.Pd., S.Kep., M.Kes (II) R. Sakhnan, SKM., M.Kes

Osteoarthritis merupakan penyakit degeneratif sendi yang sering terjadi pada lansia, menyebabkan kekakuan, nyeri, keterbatasan gerak, serta gangguan mobilitas fisik yang menurunkan kualitas hidup. Secara global, sekitar 250 juta orang (3,6%) populasi dunia menderita *osteoarthritis* lutut. Berdasarkan survei penulis di UPT PSTW Husnul Khotimah Pekanbaru menemukan 10 lansia mengalami *osteoarthritis*. Studi kasus ini bertujuan mendeskripsikan asuhan keperawatan pada lansia dengan *osteoarthritis* yang mengalami gangguan mobilitas fisik. Metode yang digunakan adalah studi kasus melalui pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subyek studi merupakan lansia perempuan berusia 73 tahun dengan diagnosis medis *osteoarthritis*. Pengumpulan data dilakukan selama lima hari melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Hasil pengkajian menunjukkan klien mengalami kekakuan sendi lutut, keterbatasan rentang gerak, kesulitan berjalan, dan penurunan kekuatan otot ekstremitas bawah. Diagnosis keperawatan yang ditegakkan adalah gangguan mobilitas fisik berhubungan dengan kekakuan sendi. Intervensi yang diberikan berupa latihan *Range of Motion* (ROM), dukungan mobilisasi, dan edukasi kesehatan. Setelah dilakukan asuhan keperawatan selama lima hari, mobilitas fisik klien meningkat. Dapat disimpulkan bahwa latihan ROM dan dukungan mobilisasi efektif membantu meningkatkan mobilitas fisik lansia dengan *osteoarthritis*. Disarankan agar latihan ROM dilakukan secara rutin untuk mempertahankan kemampuan fungsional lansia.

Kata Kunci : Lansia, *Osteoarthritis*, Gangguan Mobilitas Fisik, Asuhan Keperawatan, ROM

ABSTRACT

Nova Ramaiza (2026). Nursing Care for Elderly Patients with Osteoarthritis and Physical Mobility Impairment at UPT PSTW Husnul Khotimah Pekanbaru. Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau, Advisor (I) Ns. Idayanti, S.Pd., S.Kep., M.Kes (II) R. Sakhnan, SKM., M.Kes

Osteoarthritis is a degenerative joint disease that frequently occurs in older adults, causing stiffness, pain, limited range of motion, and physical mobility impairment that reduces quality of life. Globally, approximately 250 million people (3.6% of the world's population) suffer from knee osteoarthritis. Based on the author's survey at UPT PSTW Husnul Khotimah Pekanbaru, 10 older adults were found to have osteoarthritis. This case study aims to describe nursing care for an older adult with osteoarthritis experiencing physical mobility impairment. The method used is a case study through a nursing process approach encompassing assessment, diagnosis, intervention, implementation, and evaluation. The subject of this case study is a 73-year-old female with a medical diagnosis of osteoarthritis. Data collection was conducted over five days through interviews, observations, physical examinations, and documentation. Assessment results indicated that the client experienced knee joint stiffness, limited range of motion, difficulty walking, and decreased lower extremity muscle strength. The established nursing diagnosis was physical mobility impairment related to joint stiffness. Interventions provided included Range of Motion (ROM) exercises, mobilization support, and health education. After five days of nursing care, the client's physical mobility improved. It can be concluded that ROM exercises and mobilization support are effective in helping improve physical mobility in older adults with osteoarthritis. It is recommended that ROM exercises be performed routinely to maintain the functional ability of older adults.

Keywords : Elderly, Osteoarthritis, Physical Mobility Impairment, Nursing Care, ROM