

ABSTRAK

Andyny Fitri Wiyahya (2026). Asuhan Keperawatan Pada Lansia Stroke Non Hemoragik Dengan Masalah Keperawatan Gangguan Mobilitas Fisik Di Wilayah kerja Puskesmas Melur Pekanbaru. Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau, Pembimbing (I) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K (II) Ns. Rusherina, S.Pd., S.Kep., M.Kes

Stroke non hemoragik merupakan gangguan neurologis akibat terhambatnya aliran darah ke otak yang dapat menyebabkan gangguan mobilitas fisik pada lansia. Gangguan mobilitas fisik ditandai dengan penurunan kekuatan otot, keterbatasan rentang gerak, dan ketergantungan dalam melakukan aktivitas sehari-hari sehingga memerlukan asuhan keperawatan yang tepat. Tujuan studi kasus ini adalah melaksanakan asuhan keperawatan pada lansia dengan stroke non hemoragik yang mengalami gangguan mobilitas fisik di wilayah kerja Puskesmas Melur Pekanbaru. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada satu orang lansia. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi selama lima kali kunjungan rumah. Hasil pengkajian menunjukkan pasien mengalami hemiparesis sinistra, kesulitan berjalan, penurunan kekuatan otot ekstremitas kiri atas skala 2 dan ekstremitas kiri bawah skala 3 serta ketergantungan berat dalam aktivitas sehari-hari. Diagnosis keperawatan yang ditegakkan adalah gangguan mobilitas fisik berhubungan dengan gangguan neuromuskular. Intervensi yang diberikan berupa latihan Range of Motion (ROM), mobilisasi bertahap, pemantauan kekuatan otot, dan edukasi keluarga. Hasil evaluasi menunjukkan adanya peningkatan kekuatan otot dan kemampuan mobilisasi setelah dilakukan asuhan keperawatan selama lima kali kunjungan. Kesimpulan, latihan ROM dan mobilisasi bertahap efektif meningkatkan mobilitas fisik pada lansia dengan stroke non hemoragik. Saran, pasien dan keluarga diharapkan melanjutkan latihan ROM secara rutin untuk mempertahankan kemampuan fungsional.

Kata kunci: Stroke Non Hemoragik, Gangguan Mobilitas Fisik, Lansia, ROM, Asuhan Keperawatan

ABSTRACT

Andyny Fitri Wiyahya (2026). Nursing Care for Elderly with Non-Hemorrhagic Stroke with Nursing Problems of Physical Mobility Disorders in the Work Area of Melur Community Health Center, Pekanbaru. DIII Nursing Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Riau, Supervisor (I) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K (II) Ns. Rusherina, S.Pd., S.Kep., M.Kes

Non-hemorrhagic stroke is a neurological disorder caused by impaired blood flow to the brain that may result in impaired physical mobility among older adults. Physical mobility impairment is characterized by decreased muscle strength, limited range of motion, and dependence in performing daily activities, requiring appropriate nursing care. This case study aimed to implement nursing care for an elderly patient with non-hemorrhagic stroke experiencing impaired physical mobility in the working area of Melur Public Health Center, Pekanbaru. The study employed a descriptive case study design using the nursing process approach, including assessment, diagnosis, intervention, implementation, and evaluation, involving elderly patient. Data were collected through interviews, observation, physical examination, and documentation during five home visits. Assessment findings revealed left-sided hemiparesis, difficulty walking, decreased muscle strength in the left upper extremity (grade 2) and left lower extremity (grade 3), and dependence in daily activities. The nursing diagnosis established was impaired physical mobility related to neuromuscular disorders. Interventions included Range of Motion (ROM) exercises, gradual mobilization, muscle strength monitoring, and family education. Evaluation results showed improvement in muscle strength and mobility after five visits. In conclusion, ROM exercises and gradual mobilization were effective in improving physical mobility among elderly patients with non-hemorrhagic stroke. Patients and families are encouraged to continue ROM exercises regularly to maintain functional abilities.

Keywords: Non-Hemorrhagic Stroke, Physical Mobility Disorders, Elderly, ROM, Nursing Care