

ABSTRAK

Riza Oktavia Ramadani (2026) Asuhan Keperawatan Pada Lansia Stroke Non Hemoragik Dengan Masalah Keperawatan Gangguan Mobilitas Fisik Di Wilayah Kerja Puskesmas Melur Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan, Politeknik Kesehatan Kemenkes Riau Pembimbing (I) Ns. Syafrisar Meri Agritubella, M.Kep (II) Fathul Jannah, S.Farm, M.Sc., Apt

Stroke non hemoragik merupakan kondisi akibat penyumbatan pembuluh darah otak yang dapat menyebabkan gangguan mobilitas fisik. Gangguan ini ditandai dengan kelemahan otot dan keterbatasan gerak sehingga menghambat aktivitas sehari-hari. Studi kasus ini bertujuan untuk menggambarkan asuhan keperawatan pada lansia dengan stroke non hemoragik dan masalah keperawatan gangguan mobilitas fisik. Metode yang digunakan adalah studi kasus deskriptif pada seorang lansia perempuan berusia 70 tahun di wilayah kerja Puskesmas Melur. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Diagnosis keperawatan yang ditegakkan adalah gangguan mobilitas fisik berhubungan dengan gangguan neuromuskular. Intervensi yang diberikan meliputi dukungan mobilisasi, latihan Range of Motion (ROM), pemantauan kondisi fisik, serta edukasi kepada klien dan keluarga. Hasil evaluasi menunjukkan adanya peningkatan kemampuan mobilisasi, kekuatan otot, dan rentang gerak ekstremitas setelah dilakukan tindakan keperawatan selama empat hari. Dengan demikian, asuhan keperawatan melalui dukungan mobilisasi dan latihan ROM dapat membantu meningkatkan mobilitas fisik pada lansia dengan stroke non hemoragik.

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

ABSTRACT

Riza Oktavia Ramadani (2026). Nursing Care for an Elderly Patient with Non-Hemorrhagic Stroke and Physical Mobility Impairment in the Working Area of Melur Public Health Center, Pekanbaru City. Scientific Paper of Case Study, Diploma III Nursing Program, Health Polytechnic of the Ministry of Health Riau. Advisor I: Ns. Syafrisar Meri Agritubella, M.Kep. Advisor II: Fathul Jannah, S.Farm., M.Sc., Apt.

Non-hemorrhagic stroke is a condition caused by blockage of blood vessels in the brain, which can lead to impaired physical mobility. This condition is characterized by muscle weakness and limited movement, affecting the patient's ability to perform daily activities. This case study aimed to describe nursing care for an elderly patient with non-hemorrhagic stroke and the nursing problem of impaired physical mobility. The method used was a descriptive case study involving a 70-year-old elderly female patient in the working area of Melur Public Health Center. Data were collected through interviews, observation, physical examination, and documentation. The nursing diagnosis established was impaired physical mobility related to neuromuscular impairment. Nursing interventions included mobility support, Range of Motion (ROM) exercises, physical condition monitoring, and education for the patient and family. Evaluation results showed improvements in mobility, muscle strength, and extremity range of motion after four days of nursing interventions. Therefore, nursing care through mobility support and ROM exercises can help improve physical mobility in elderly patients with non-hemorrhagic stroke.

Keywords: Non-hemorrhagic Stroke, Physical Mobility Impairment, Nursing Care, Elderly, Range of Motion (ROM).