ASUHAN KEPERAWATAN PADA PASIEN STROKE INFAK DENGAN MASALAH KEPERAWATAN GANGGUAN MOBILITAS FISIK DI RUANG ALAMANDA NEURO RSUD MAJALAYA

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ABSTRAK

Latar Belakang: Stroke infak merupakan gangguan peredaran darah otak akibat sumbatan pembuluh darah yang menyebabkan gangguan mobilitas fisik karena penurunan fungsi motorik. Latihan *Range of Motion* (ROM) menjadi salah satu intervensi keperawatan untuk meningkatkan kemampuan mobilisasi pasien. **Metode:** Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus pada dua pasien stroke infark dengan gangguan mobilitas fisik di Ruang Alamanda Neuro RSUD Majalaya. Asuhan keperawatan dilakukan selama 3×24 jam melalui tahap pengkajian, diagnosis, intervensi, implementasi, dan evaluasi dengan pemberian latihan ROM. **Hasil:** Setelah dilakukan asuhan keperawatan, terjadi peningkatan kekuatan otot, rentang gerak sendi, serta kemampuan mobilisasi sederhana sehingga masalah gangguan mobilitas fisik teratasi sebagian. **Diskusi:** Latihan ROM membantu mencegah kekakuan sendi, meningkatkan kekuatan otot, dan mendukung kemandirian aktivitas sehari-hari pasien. **Simpulan:** Latihan ROM efektif meningkatkan mobilitas fisik pada pasien stroke infark.

Kata Kunci: Asuhan Keperawatan, Stroke Infak, Gangguan Mobilitas Fisik, Range of Motion (ROM).

NURSING CARE FOR A PATIENT WITH ISCHEMIC STROKE WITH THE NURSING PROBLEM OF IMPAIRED PHYSICAL MOBILITY IN THE ALAMANDA NEURO WARD, RSUD MAJALAYA

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ABSTRACT

Background: *Ischemic stroke is a disorder of cerebral blood circulation caused by blockage of blood vessels, resulting in impaired physical mobility due to decreased motor function. Range of Motion (ROM) exercises are one of the nursing interventions used to improve patients' mobility.* ***Methods:*** *This study employed a descriptive design with a case study approach involving two patients with ischemic stroke experiencing impaired physical mobility in the Alamanda Neuro Ward of RSUD Majalaya. Nursing care was provided for 3×24 hours through assessment, nursing diagnosis, intervention, implementation, and evaluation, including ROM exercises.* ***Results:*** *After the nursing interventions, improvements were observed in muscle strength, joint range of motion, and basic mobility, indicating partial resolution of impaired physical mobility.* ***Discussion:*** *ROM exercises helped prevent joint stiffness, improve muscle strength, and enhance patients' independence in performing activities of daily living.* ***Conclusion:*** *ROM exercises are effective in improving physical mobility among patients with ischemic stroke.*

Keywords: *Nursing Care, Ischemic Stroke, Impaired Physical Mobility, Range of Motion (ROM).*