ASUHAN KEPERAWATAN PADA PASIEN STROKE NON HEMORAGIK DENGAN MASALAH KEPERAWATAN GANGGUAN MOBILITAS FISIK DI RUANG DAHLIA RSUD MAJALAYA

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ABSTRAK

Stroke non hemoragik merupakan gangguan aliran darah otak yang dapat menimbulkan kelemahan ekstremitas dan gangguan mobilitas fisik. Kondisi ini memerlukan asuhan keperawatan yang tepat, salah satunya melalui latihan range of motion (ROM) untuk mempertahankan fungsi sendi dan meningkatkan kekuatan otot. Karya tulis ilmiah ini bertujuan menggambarkan asuhan keperawatan pada pasien stroke non hemoragik dengan masalah keperawatan gangguan mobilitas fisik di Ruang Dahlia RSUD Majalaya. Penulisan menggunakan metode studi kasus deskriptif terhadap dua pasien dengan diagnosis medis stroke non hemoragik dan masalah keperawatan gangguan mobilitas fisik. Pengumpulan data dilakukan melalui wawancara, pemeriksaan fisik, observasi, dan studi dokumentasi selama tiga hari perawatan. Hasil pengkajian menunjukkan kedua pasien mengalami kelemahan ekstremitas kanan dengan kekuatan otot awal pasien pertama 3/5 dan pasien kedua 2/5. Intervensi yang diberikan meliputi dukungan ambulasi serta latihan ROM aktif dan pasif sesuai kondisi pasien. Setelah implementasi, Tn. N mengalami peningkatan kekuatan otot dari 3/5 menjadi 4/5 dan kekakuan sendi menurun. Pada Ny. N, kekuatan otot masih 2/5, namun rentang gerak meningkat, kekakuan sendi menurun, dan mobilitas fisik membaik meskipun kesadaran masih menurun. Asuhan keperawatan dengan latihan ROM dapat membantu meningkatkan mobilitas fisik pada pasien stroke non hemoragik, meskipun hasil dipengaruhi kondisi klinis masing-masing pasien.

Kata kunci: Asuhan Keperawatan., Gangguan Mobilitas Fisik., ROM (*Range Of Motion).*, Stroke Non Hemoragik.

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NURSING CARE FOR NON-HEMORRHAGIC STROKE PATIENTS WITH PHYSICAL MOBILITY IMPAIRMENT IN THE DAHLIA WARD OF MAJALAYA GENERAL HOSPITAL

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ABSTRACT

Non-hemorrhagic stroke is a disorder of cerebral blood flow that may cause extremity weakness and impaired physical mobility. This condition requires appropriate nursing care, including range of motion (ROM) exercises to maintain joint function and improve muscle strength. This scientific paper aimed to describe nursing care for patients with non-hemorrhagic stroke experiencing impaired physical mobility in the Dahlia Ward of RSUD Majalaya. This study used a descriptive case study method involving two patients with a medical diagnosis of non-hemorrhagic stroke and the same nursing problem, namely impaired physical mobility. Data were collected through interviews, physical examinations, observation, and documentation study during three days of nursing care. The assessment showed that both patients experienced right extremity weakness with an initial muscle strength was 3/5 first patient and 2/5 for the second patient. The interventions provided included ambulation support and active or passive ROM exercises according to each patient's condition. After implementation, Mr. N showed an increase in muscle strength from 3/5 to 4/5 and decreased joint stiffness. In Mrs. N, muscle strength remained 3/5; however, range of motion improved, joint stiffness decreased, and physical mobility increased, although the level of consciousness remained decreased. Nursing care through ROM exercises can help improve physical mobility in patients with non-hemorrhagic stroke, although the outcomes are influenced by each patient's clinical condition.

Keywords: *Nursing Care., Impaired Physical Mobility., ROM (Range Of Motion)., Non-Hemorrhagic Stroke.*

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