

**POLTEKKES TANJUNG KARANG
JURUSAN KEPERAWATAN TANJUNGGARANG
PRODI DIII KEPERAWATAN TANJUNGGARANG
Laporan Tugas Akhir, 2021**

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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN AKTIVITAS
PADA BAPAK S KELUARGA BAPAK S DENGAN STROKE DI DESA
TALANG PADANG KECAMATAN TALANG PADANG KABUPATEN
TANGGAMUS TAHUN 2021**

xiii + 84 Halaman + 9 Tabel + 2 Gambar + 8 Lampiran

ABSTRAK

Menurut *Nationa Stroke Association* (NSA) stroke dibagi menjadi dua, yaitu stroke non hemoragik dan stroke hemoragik. Stroke non hemoragik memiliki presentasi terbesar, yaitu sekitar 80%. Insiden penyakit stroke hemoragik antara 15%-13% dan untuk stroke non hemoragik antara 70%-85%. Sedangkan, insiden stroke dinegara-negara berkembang atau asia untuk stroke hemoragik sekitar 30% dan non hemoragik 70%. Dari data tersebut dapat diketahui bahwa kejadian stroke non hemoragik memiliki proporsi lebih besar dibandingkan dengan stroke hemoragik. Hasil Riskesdas 2018 menunjukkan prevalensi penyakit tidak menular mengalami kenaikan jika dibandingkan dengan riskesdas 2013, prevalensi stroke naik dari 7% menjadi 10,9%. Secara nasional prevalensi stroke diindonesia tahun 2018 berdasarkan diagnosis dokter pada penduduk ≥ 15 tahun sebesar 10,9% atau diperkirakan sebanyak 2.120.363 orang.

Tujuan penulisan ini dapat menggambarkan asuhan keperawatan pada pasien dengan masalah gangguan kebutuhan aktivitas pada pasien Stroke di Desa Talang Padang Kecamatan Talang Padang Kabupaten Tanggamus. Pengumpulan data dilakukan di Desa Talang Padang pada tanggal 20-26 Febuari 2021 dengan menggunakan metodologi proses keperawatan dari pengkajian sampai evaluasi, dengan masalah keperawatan gangguan aktivitas fisik. Setelah dilakukan implementasi didapatkan hasil keluarga menunjukkan terjadinya perubahan kemampuan dalam merawat pasien stroke, di buktikan dengan keluarga dapat melakukan latihan *Massage*, Rom dan pengaturan perubahan posisi tubuh secara mandiri. Dengan hasil tersebut peneliti menyarankan kepada Keluarga untuk dapat mempertahankan latihan *Massage*, Rom dan pengaturan perubahan posisi tubuh.

Kata Kunci : **Stroke, Aktivitas, Rom**
Daftar Bacaan : **26 (2007-2018)**

**POLTEKKES TANJUNG KARANG
DEPARTMENT OF NURSING TANJUNG KARANG
TANJUNG KARANG DIII NURSING PROGRAM
Final Project Report, 2021**

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**NURSING CARE ACTIVITY NEED DISORDERS TO Mr. S'S FAMILY
WITH A STROKE IN THE VILLAGE TALANG PADANG TALANG
PADANG DISTRICT TANGGAMUS REGENCY 2021**

xiii + 84 Pages + 9 Tables + 2 Pictures + 8 Attachments

ABSTRACT

According to the National Stroke Association (NSA), stroke is divided into two, namely non-hemorrhagic stroke and hemorrhagic stroke. Non-hemorrhagic stroke has the largest presentation, which is around 80%. The incidence of hemorrhagic stroke is between 15%-13% and for non-hemorrhagic stroke between 70%-85%. Meanwhile, the incidence of stroke in developing countries or Asia for hemorrhagic stroke is around 30% and non-hemorrhagic stroke is 70%. From these data it can be seen that the incidence of non-hemorrhagic stroke has a greater proportion than hemorrhagic stroke. The results of Riskesdas 2018 show the prevalence of non-communicable diseases has increased when compared to Riskesdas 2013, the prevalence of stroke has increased from 7% to 10.9%. Nationally, the prevalence of stroke in Indonesia in 2018 based on a doctor's diagnosis in a population 15 years was 10.9% or an estimated 2,120,363 people.

The purpose of this paper is to describe nursing care for patients with problems with impaired activity needs in stroke patients in Talang Padang Village, Talang Padang District, Tanggamus Regency. Data collection was carried out in Talang Padang Village on 20-26 February 2021 using the nursing process methodology from assessment to evaluation, with nursing problems with physical activity disorders. After the implementation, the results showed that the family showed a change in their ability to care for stroke patients, as evidenced by the family being able to do massage, ROM exercises and adjust body position changes independently. With these results, the researcher suggests to the family to be able to maintain massage, rom and body position changes.

Keywords : Stroke, Activity, Rom

Reading List : 20 (2007-2018)