

**POLITEKNIK KESEHATAN TANJUNGPURUNG
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, 2023**

Firly Marhanda,

Asuhan Keperawatan dengan Gangguan Mobilitas Fisik pada Kasus Stroke non hemoragic Terhadap Ny.H di Rumah Sakit Umum Handayani Provinsi Lampung Tahun 2022

xvi + 53 halaman, 10 tabel, 1 gambar

RINGKASAN

Gangguan mobilitas fisik terjadi pada kasus stroke, karena adanya penyempitan pada pembuluh darah di otak sehingga sistem syaraf akan sulit bahkan tidak bisa digerakan, hipoksia serebral, penurunan aliran darah serebral, dan embolisme oleh karena itu diperlukan asuhan keperawatan untuk mengatasi masalah tersebut. Maka bagaimanakah cara memberikan Asuhan Keperawatan dengan Gangguan Mobilitas fisik pada Kasus Stroke.

Tujuan penulis dalam Laporan Tugas Akhir ini adalah untuk memberikan gambaran asuhan keperawatan dengan gangguan mobilitas fisik pada kasus stroke non hemoragic terhadap Ny. H di RSUD Handayani Kotabumi Lampung Utara tanggal 20-22 November 2022 yang meliputi pengkajian keperawatan, diagnosa keperawatan, rencana keperawatan, implementasi keperawatan dan evaluasi keperawatan.

Hasil pengkajian klien mengeluh lemah pada anggota gerak sebelah kiri, kekuatan otot menurun, sendi kaku, nyeri bagian kepala, tampak kotor, dan didapatkan 3 diagnosa prioritas yaitu gangguan mobilitas fisik, nyeri akut dan defisit perawatan diri. Perencanaan mencakup target luaran berdasarkan SLKI meliputi dukungan mobilisasi, manajemen nyeri, dan dukungan keperawatan diri. Intervensi yang dilaksanakan berdasarkan SIKI mencakup memberikan ROM, memberikan teknik relaksasi napas dalam dan memberikan sarana kebersihan tubuh BAB dan BAK. Evaluasi dari ketiga diagnosa tersebut nyeri akut dan defisit perawatan diri dapat teratasi sedangkan gangguan mobilitas fisik teratasi sebagian.

Kesimpulan setelah dilakukan asuhan keperawatan pada Ny.H didapatkan gambaran asuhan keperawatan secara nyata sesuai dengan SDKI, SLKI, SIKI. Saran dari laporan ini diharapkan bagi pihak kepastakaan untuk menambah literatur tentang Stroke dan ROM di Poltekkes Program Studi Keperawatan Kotabumi.

Kata kunci : asuhan keperawatan, stroke, gangguan mobilitas fisik
Sumber bacaan : 14 (2012-2021)

**TANJUNGPURANG HEALTH POLYTECHNIC
KOTABUMI NURSING STUDY PROGRAM
Final Report, 2023**

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Nursing Care with Impaired Physical Mobility in Cases of Non Hemorrhagic
Stroke Against Mrs. H at Handayani General Hospital, Lampung Province in
2022
xvi + 53 pages, 10 tables, 1 figure*

ABSTRACT

Impaired physical mobility occurs in cases of stroke, due to narrowing of the blood vessels in the brain so that the nervous system will be difficult or even immobilized, cerebral hypoxia, decreased cerebral blood flow, and embolism. Therefore, nursing care is needed to overcome these problems. So how do you provide Nursing Care with Impaired Physical Mobility in Stroke Cases.

The author's goal in this Final Project Report is to provide an overview of nursing care with impaired physical mobility in cases of non-hemorrhagic stroke to Mrs. H at Handayani Hospital Kotabumi North Lampung on November 20-22 2022 which includes nursing assessment, nursing diagnosis, nursing plan, nursing implementation and nursing evaluation.

The results of the assessment of the client complained of weakness in the left limbs, decreased muscle strength, stiff joints, head pain, looked dirty, and obtained 3 priority diagnoses, namely impaired physical mobility, acute pain and self-care deficit. Planning includes output targets based on the SLKI including mobilization support, pain management, and self-care support. Interventions carried out based on SIKI include providing ROM, providing deep breathing relaxation techniques and providing bowel and bladder hygiene facilities. The evaluation of the three diagnoses is acute pain and self-care deficits can be resolved while impaired physical mobility is partially resolved.

In conclusion, after nursing care was carried out for Mrs.H, a real picture of nursing care was obtained according to the SDKI, SLKI, SIKI. It is hoped that the recommendations from this report will be for the library to add to the literature on Stroke and ROM at the Poltekkes of the Kotabumi Nursing Study Program.

*Keywords : nursing care, stroke, impaired physical mobility
Reading sources : 14 (2012-2021)*