

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
KEPERAWATAN TANJUNGPURUN PRODI DIII KEPERAWATAN
TANJUNGPURUN**

Laporan Karya Tulis Ilmiah, Maret 2025

Refli Andhika

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN
AKTIVITAS PADA PASIEN STROKE NON-HEMORAGIK
DI RUANG SYARAF RUMAH SAKIT AHMAD YANI
KOTA METRO TAHUN 2025**

xiv + 64 halaman + 5 tabel + 1 gambar + 6 lampiran

ABSTRAK

Stroke adalah suatu gangguan fungsi neurologis akut, yang disebabkan oleh gangguan peredaran darah dan terjadi secara mendadak (dalam beberapa detik) atau setidak-tidaknya secara cepat (dalam beberapa jam) dengan gejala-gejala dan tanda-tanda yang sesuai dengan daerah otak yang terganggu. Tujuan penulisan laporan karya tulis ilmiah ini melaksanakan asuhan keperawatan gangguan kebutuhan aktivitas dan istirahat dengan masalah mobilitas fisik pada penyakit stroke non-hemoragik di Rumah Sakit Ahmad Yani, Kota Metro. Penulis menggunakan pendekatan asuhan keperawatan yang berfokus pada subyek asuhan yang mengalami gangguan kebutuhan aktivitas. Asuhan keperawatan dilakukan menggunakan proses keperawatan yaitu mulai dari pengkajian sampai evaluasi. Metode pengumpulan data dengan wawancara, observasi dan pemeriksaan fisik. Diagnosa keperawatan yang penulis dapatkan dalam asuhan keperawatan gangguan kebutuhan aktivitas dan istirahat pada pasien stroke adalah mobilitas fisik yang mana dilakukan intervensi keperawatan sesuai SIKI (2018) dengan latihan ROM. Hasil asuhan perawatan didapatkan subyek asuhan Pasien menunjukkan pasien masih tampak lemah, kekuatan otot tetap skala 2 akan tetapi pasien sudah mampu sedikit menggerakkan ekstremitasnya tetapi masih tampak kaku, Pasien mampu duduk dengan bantuan keluarga.

Kata kunci : Asuhan keperawatan, gangguan mobilitas fisik, stroke non-hemoragik.

Daftar Referensi : (2009-2023)

**TANJUNGKARANG HEALTH POLYTECHNIC DEPARTMENT OF
NURSING TANJUNGKARANG TANJUNGKARANG DIII NURSING
PROGRAM**

Final Assignment Report, March 2025

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**NURSING CARE FOR ACTIVITY DISORDERS IN
NON HEMORRHAGIC STROKE PATIENTS IN THE
NEUROLOGY ROOM OF AHMAD YANI HOSPITAL
METRO CITY YEARS OF 2025**

xiv + 64 pages + 5 tables + 1 pictures + 6 attachments

ABSTRACT

Stroke is an acute neurological dysfunction, caused by circulatory disorders and occurs suddenly (within seconds) or at least quickly (within hours) with symptoms and signs that correspond to the affected brain area. The purpose of writing this final report is to carry out nursing care for impaired activity and rest needs with physical mobility problems in non-hemorrhagic stroke at Ahmad Yani Hospital, Metro City. The author uses a nursing care approach that focuses on the subject of care who experiences impaired activity needs. Nursing care is carried out using the nursing process, starting from assessment to evaluation. Data collection methods are by interview, observation and physical examination. The nursing diagnosis that the author obtained in nursing care for impaired activity and rest needs in stroke patients is physical mobility for which nursing interventions are carried out according to SIKI (2018) with ROM exercises. The results of nursing care obtained by the subject of the patient's care showed that the patient still looked weak, muscle strength remained on a scale of 2, but the patient was able to move his extremities a little but still looked stiff, the patient was able to sit with the help of his family.

Keywords : Nursing care, physical mobility disorders, non-hemorrhagic stroke.

Reference List : (2009-2023)