

POLTEKKES TANJUNGPINANG
JURUSAN KEPERAWATAN TANJUNGPINANG
PROGRAM STUDI DIII KEPERAWATAN TANJUNGPINANG

Laporan Karya Tulis Ilmiah, 13 Mei 2025
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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN AKTIVITAS
PADA PASIEN DENGAN STROKE LAKUNAR DI RSUD. DR. H. ABDUL
MOELOEK KOTA BANDAR LAMPUNG PADA TAHUN 2025**

xiii + 58 halaman + 2 tabel + 7 lampiran

ABSTRAK

Stroke lakunar merupakan subtype stroke iskemik yang disebabkan oleh sumbatan arteri kecil di otak dan sering menimbulkan gangguan mobilitas. Gangguan ini memengaruhi kemampuan pasien dalam bergerak, berpindah posisi, dan merawat diri. Tujuan penulisan ini adalah mendeskripsikan asuhan keperawatan pada pasien stroke lakunar dengan gangguan mobilitas fisik di RSUD Dr. H. Abdul Moeloek Bandar Lampung tahun 2025. Metode yang digunakan adalah studi kasus pada Ny. S, pasien dengan stroke infark lakunar dan CKD on HD. Asuhan dilakukan selama tiga hari meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Diagnosis keperawatan yang ditegakkan adalah Gangguan Mobilitas Fisik, Risiko Jatuh, dan Risiko Perfusi Serebral Tidak Efektif. Intervensi meliputi latihan ambulasi ringan, pemantauan tanda vital, edukasi, dan pencegahan jatuh. Evaluasi menunjukkan peningkatan kemampuan berpindah posisi, toleransi aktivitas membaik, tekanan darah menurun, dan status neurologis stabil. Kekuatan otot tetap 4 dari 5, namun fungsi mobilitas meningkat secara klinis. Asuhan keperawatan dinyatakan berhasil mendukung pemulihan motorik dan mencegah komplikasi. Disarankan agar latihan mobilisasi dan edukasi keluarga dilanjutkan untuk mempertahankan fungsi fisik dan mencegah risiko jatuh serta komplikasi akibat imobilitas.

Kata Kunci : Infark Lakunar, ROM, Asuhan Keperawatan
Daftar Pustaka : 32 (2015-2025)

**POLTEKKES TANJUNGKARANG
DEPARTMENT OF NURSING TANJUNGKARANG
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**NURSING CARE FOR DISTURBANCE OF ACTIVITY NEEDS IN
PATIENTS WITH LACUNAR STROKE AT RSUD DR. H. ABDUL
MOELOEK, BANDAR LAMPUNG CITY IN 2025**

xiii + 58 pages + 2 tables + 7 attachment

ABSTRACT

Lacunar stroke is a subtype of ischemic stroke caused by occlusion of small arteries in the brain and often leads to mobility disorders. This condition affects the patient's ability to move, change positions, and perform self-care activities. The aim of this study is to describe nursing care for a patient with lacunar stroke experiencing impaired physical mobility at Dr. H. Abdul Moeloek Regional General Hospital, Bandar Lampung, in 2025. The method used is a case study involving Mrs. S, a patient diagnosed with lacunar infarct stroke and chronic kidney disease on hemodialysis (CKD on HD). Nursing care was carried out over three days, including assessment, diagnosis, planning, implementation, and evaluation. The established nursing diagnoses were Impaired Physical Mobility, Risk for Falls, and Risk for Ineffective Cerebral Perfusion. Interventions included light assisted ambulation exercises, vital sign monitoring, patient and family education, and fall prevention. Evaluation showed improved ability to change positions, better activity tolerance, reduced blood pressure, and stable neurological status. Muscle strength remained at 4 out of 5, but functional mobility improved clinically. Nursing care was considered successful in supporting motor recovery and preventing complications. It is recommended to continue mobility exercises and family education to maintain physical function and prevent fall risks and immobility-related complications.

Keywords : Lacunar Infarction, ROM, Nursing Care
References : 32 (2015-2025)