

**NURSING CARE FOR ISCHAMIC STROKE PATIENTS
WITH PHYSICAL MOBILITY IMPAIRMENT IN THE STROKE UNIT
dr. SOEDOMO TRENGGALEK GENERAL HOSPITAL**

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ABSTRACT

Background: Ischemic stroke is one of the leading causes of disability and death in the world, which occurs due to blockage of blood flow to the brain resulting in hypoxia and tissue necrosis. According to WHO (2022), approximately 6 million people die from stroke every year, and in Indonesia the prevalence of stroke reaches 8.3 per 1,000 population (SKI, 2023). The most common impact is impaired physical mobility in the form of weakness of the extremities that require comprehensive nursing care. **Research Objective:** To provide an overview of the implementation of nursing care for ischemic stroke patients with impaired physical mobility in the Stroke Unit of Dr. Soedomo Trenggalek Regional General Hospital. **Research Method:** This study uses a qualitative descriptive design with a case study approach, in this study there is one patient with a diagnosis of CVA Infarction. Data collection was carried out through interviews, observations, physical examinations, and medical record documentation studies. **Research Results** The results of the assessment showed that the client experienced weakness in the right hand and leg (muscle strength 3/5), dizziness, a history of hypertension, and all activities were assisted by family. The main nursing diagnosis is impaired physical mobility. Implementation was carried out through active and passive ROM (Range of Motion) exercises, gradual mobilization, family education, and pharmacological therapy according to the medical program. **Conclusion:** The implementation of comprehensive nursing care, especially ROM exercises and early mobilization, plays a crucial role in preventing joint stiffness and improving physical mobility in ischemic stroke patients. Nurses are expected to consistently apply ROM exercises to stroke patients, and families are expected to be actively involved in the rehabilitation process to support optimal client recovery.

Keywords: Ischemic Stroke, Physical Mobility Disorders, ROM (Range of Motion) Nursing Care