

GERIATRIC NURSING CARE MANAGEMENT WITH SERVICE EXCELLENCE FOR MRS. N WITH POST-ISCHEMIC STROKE AT THE UPTD ELDERLY SOCIAL SERVICE BINJAI BINJAI CITY NORTH SUMATRA PROVINCE YEAR 2025

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ABSTRACT

Stroke is a clinical condition characterized by impaired brain function. This disorder can cause death that lasts more than 24 hours, resulting in disability, loss of bodily functions, such as paralysis, and difficulty in communication. Stroke is also categorized as a neurological emergency that is of serious concern worldwide. Indonesia is the highest country in Asia. (Aulyra Familah et al., 2024) According to the World Health Organization in 2023 it says about 15 million people worldwide suffer from stroke and five million people experience permanent paralysis due to stroke. The most common stroke, ischemic type, accounts for 50-85% of all cases. Southeast Asia accounted for 4.4 million people suffering from stroke in 2020 and an estimated 7.6 million people died from stroke. (Amila, 2023) as stroke is a rapidly developing disease, characterized by local or global brain function disorders that cause death without a clear cause other than blood vessel blockage. The case study method set is a qualitative descriptive method through case studies. The results of the evaluation showed that the patient was able to undergo passive motion-prone movement exercises every day, was able to cough effectively and was able to practice speaking skills.

Keywords: Nursing Care, Gerontic, Ischemic Stroke

Introduction

Seniors who are 60 years of age or older are considered to be at the terminal stage of life. Seniors' health will deteriorate, both naturally and due to sickness (Sinaga et al., 2025)

Seniors who are 60 years of age or older are considered to be at the terminal stage of life. Seniors' health will deteriorate, both naturally and due to sickness.

Stroke is a neurological condition due to disrupted blood flow to the brain, causing brain dysfunction. This disorder can cause

death that lasts more than 24 hours, resulting in disability, loss of bodily functions, such as paralysis, and difficulty in communication. Stroke is also categorized as a neurological emergency that is of serious concern worldwide. Indonesia is the highest country in Asia. (Kedokteran and Indonesia, 2024)

According to data from the World Health Organization (WHO) in 2023, around 15 million people worldwide have a stroke every year, with around five million people experiencing permanent paralysis as a result. The most common type of stroke is ischemic stroke, which accounts for about 50–85% of total stroke cases. In the Southeast Asian

region, in 2020 there were around 4.4 million stroke cases, with an estimated death rate of 7.6 million people (Amila, 2023). Meanwhile, based on the 2023 Indonesian Health Survey (SKI), the prevalence of stroke in Indonesia reached 8.3 per 1,000 population. With a population of around 279 million people in Indonesia, it is estimated that there are around 2,307,400 stroke sufferers.

When a patient's systolic blood pressure is higher than 140 mmHg and their diastolic blood pressure is higher than 90 mmHg in two readings taken five minutes apart when they are calm and appropriately rested, the condition is known as hypertension, or high blood pressure. If left untreated, chronically high blood pressure can harm the kidneys (kidney failure), heart (coronary heart disease), and brain (stroke). This happens as a result of the heart having to work harder to pump blood in order to meet the body's needs for nutrients and oxygen (Simamora & Fithri, 2022)

Research Method

This study uses a qualitative descriptive case study method to examine nursing care for elderly Mrs. N with ischemic post stroke at UPTD Binjai Elderly Social Services. The approach used follows the nursing process, including assessment to evaluation. The research was conducted on March 24–28 and April 8–9, 2025 at Wisma Sedap Malam, one of 18 guesthouses that house 198 elderly people. This UPTD is active in non-communicable disease prevention programs such as hypertension and diabetes through Posyandu Elderly activities, gymnastics, and health education, which supports stroke prevention. From the results of the initial survey, it was found that 15 elderly people with ischemic stroke, and Mrs. N was chosen as the respondent because she showed a positive response during the study, so that it became the focus of holistic and rehabilitative nursing interventions.

Result

1. Nursing assessment

Assessment or data collection is the first step in doing nursing care. The techniques used in data collection for this case include observation, interviews, and examination of patient documents. Based on a study conducted on an elderly patient Mrs. N with post-ischemic stroke, it is known that the stroke she experienced was caused by a fall in bed seven years ago and had a history of hypertension and gastric disease for the past two years. The patient's vital signs data showed blood pressure of 140/90 mmhg, heart rate of 90x/i, breathing 24 x/y, and body temperature of 37 degrees Celsius. The patient experienced a decrease in muscle function in the left upper and lower eceremitas. Based on the theory I studied, patients with activity patterns due to weakness, loss of sensation, and difficulty communicating. Therefore I compare the theoretical and case diagnoses I found as follows.

2. Nursing diagnosis

The nursing diagnosis raised in this case does not fully correspond to the diagnosis that exists in theory. According to the theory, there were five diagnoses that were not found in this case due to a lack of supporting data. Meanwhile, in elderly patients, Mrs. N was found to have three nursing diagnoses as follows:

1. Physical mobility disorders b/d decreased muscle strength d/d patients say that it is difficult to move the ecclesiastics of the left hand and the left leg, and the patient appears to have decreased muscle strength, range of motion decreases, the patient has disorders in the left limb
2. Airway cleaning is ineffective b/d inhibited secretion d/d patients say it is difficult to expel phlegm and expel phlegm a little patient looks cough ineffective, the sound of breathing is 24 x/i

3. Verbal communication disorders b/d neuromuscular disorders (hypoglossus) d/d patients say that it is difficult to speak clearly and quickly like normal healthy people and the patient seems to speak unclearly, the tongue is difficult to stick out, movement is not free, it seems difficult to speak correctly so that it is difficult to be understood by others
4. Deficit of self-care b/d neuromuscular disorders d/d caregivers say that the patient is unable to do activities and self-care independently and the patient seems to be assisted in activities such as dressing, bathing, toileting, moving except eating, katz index score of 1 indicates dependence and bathing 1 time a day

Theoretical nursing diagnoses that are not found in this case are:

1. Changes in Cerebral Tissue Perfusion
2. Sensory Perception Changes
3. Self-Esteem Disorder
4. High Risk of Swallowing Damage
5. Knowledge deficit

3. Nursing intervention

The intervention applied in this case is in accordance with the intervention in the theory, the objectives and outcome criteria applied in this case are in accordance with the theory. The planning prepared by the author based on the Indonesian nursing intervention standard book is as follows:

1. Physical Mobility Disorders

- a. Explain the purpose and procedure of the mobilization
- b. Encourage early mobilization
- c. Teach simple mobilizations that must be done early in the morning
- d. Identify any pain or other physical complaints
- e. Identify physical tolerance to movement. Monitor general conditions during mobilization

- f. Monitor blood pressure and heart frequency before starting mobilization

2. An ineffective airway cleaning

- a. Identification of coughing ability in Mrs. N
- b. Monitor for sputum retention, signs and symptoms of respiratory tract infections
- c. Position the fowler and explain the purpose and procedure of effective coughing
- d. Teach Effective Cough Techniques Encourage Patients to Drink Warm Water

3. Verbal Communication Disorders

- a. Check the speaking ability of elderly patients Mrs. N
- b. Teach clients to speak slowly
- c. Monitor speed, pressure, volume, and speech diction
- d. Monitor cognitive, anatomical, and physiological development related to speech
- e. Monitor for frustration, anger, depression, or other things that interfere with speech
- f. Identify emotional and physical behaviors as a form of communication.

4. Self-care deficit

- a. Identify self-care activity habits
- b. Monitor independence levels
- c. Identify the need for personal hygiene aids, dressing, decorating, eating, toileting
- d. Set up a secure environment (privacy)
- e. Prepare personal needs (toothbrush, soap, toothpaste)
- f. Supporting and assisting in self-care until independent
- g. Facilitating to accept a state of dependency
- h. Facilitate independence, help if you are unable to take care of yourself. Encourage consistent self-care according to ability

4. Nursing implementation

At the stage of implementing nursing actions, the author follows the plan that has been prepared in the intervention section. The intervention was carried out on Mrs. N's elderly patient for 3 days to overcome the problems faced by the client. The main actions taken for the three diagnoses include:

1. Train mobilization Client movements using passive (ROM)
2. Practicing pronouncing focal letters (AEIOU)
3. Practice language comprehension by focusing on the interlocutor's mouth
4. Effective Ways to Train
5. Assisting in self-care to be independent

5. Nursing evaluation

At this stage, the author conducts an evaluation based on the objectives and outcome criteria that have been set at the intervention

Discussion

The results of the implementation of nursing care for Mrs. N with post ischemic stroke show clinical progress in accordance with existing theories. At the study stage, it was found that there was weakness in the left extremity, ineffective coughing, and impaired verbal communication. These findings are consistent with the theory of Doenges (2000), which states that ischemic strokes often cause impaired mobility, changes in speech ability, and decreased respiratory function.

Enforced nursing diagnoses include physical mobility disorders, ineffective airway cleaning, verbal communication disorders, and self-care deficits. This diagnosis is supported by relevant subjective and objective data and refers to the applicable nursing diagnostic standards. The nursing interventions provided consisted of passive range of motion (ROM)

stage, as well as the results of each action carried out within 3 days of nursing implementation. Evaluation is carried out for each nursing diagnosis applied. In the first diagnosis, namely physical mobility disorders due to decreased strength with complaints of difficulty moving the extremities, decreased muscle strength, and decreased range of motion, the problem was not completely at the top after 3 days of evaluation. The client said he could move his fingers slowly but still had difficulty in moving the left hand and left leg sclerosis. The intervention will be continued by the caregiver or employee the next day. After nursing care, the last stage was a 3-day evaluation, physical mobility impairment and self-care deficit were partially resolved with limited progress, verbal communication disorders improved but there were still difficulties, while ineffective airway clearance was completely resolved and interventions were stopped, while other interventions were continued by caregivers or employees.

exercises, effective cough exercises, vocal articulation exercises, and assistance in self-care activities. The intervention refers to the principles of stroke rehabilitation and has been shown to improve the patient's motor function and respiration (Gloria et al., 2024).

The evaluation showed gradual improvements, such as the patient's ability to perform simple movements passively, improved ability to cough effectively, and improved verbal communication and independence in some daily activities. This shows that the nursing interventions provided have a positive impact on the patient's recovery. However, some interventions such as improved verbal communication still require collaborative follow-up care. These results reinforce the importance of the role of nurses in providing holistic and sustainable nursing care in geriatric stroke patients.

Conclusion and Suggestion

In the results of the analysis and discussion regarding the implementation of nursing care for elderly patients, Mrs. N who

suffered a stroke, it can be concluded that the nursing measures implemented by the Binjai Elderly Social Service Unit have shown significant results. The diagnosis of stroke enforced by the UPTD is the basis for important recommendations in an effort to improve the quality of services for stroke patients in the future.

Gerontic nursing care for Mrs. N, a 64-year-old woman who underwent treatment at the Binjai Elderly Social Service UPTD in 2025 with a diagnosis of Post Ischemic Stroke, resulted in the following conclusions:

1. **The assessment** was carried out directly through interviews and observations. In addition, supporting data is collected from medical records, caregiver statements, and information from the patient himself to evaluate the time contract. The explanation was given using easy-to-understand language, and the results of the study confirmed that Mrs. N had a post ischemic stroke.
2. **The diagnosis** obtained in Mrs. N is Physical mobility disorder, Ineffective airway cleaning, Verbal communication disorder, Self-care deficit
3. **The intervention measures** assigned to Mrs. N included passive range training given for three days, effective cough exercises and language comprehension exercises with emphasis on observation of the interlocutor's mouth movements, and self-care assistance according to the patient's condition.
4. **The implementation** is carried out from March 24 – March 28, 2025. Which is based on interventions that have been planned based on Gerontic Nursing Care
5. **The results of the evaluation** show that there is progress, where patients are able to perform passive range exercises routinely every day, are able to cough effectively, begin to be able to practice speaking skills and there is an increase in self-care.

Based on the author's case with the title Gerontic Nursing Care for Mrs. N with Post Ischemic Stroke at the Binjai Senior Social Services UPTD in 2025, the author states the following suggestions

1. Advice for patients and the community
It is hoped that this study can be an illustration to patients and the community of the importance of maintaining health and a healthy lifestyle so that the recovery of gerontic patients with Post Ischemic Stroke carried out at UPTD to improve the quality of life.
2. Suggestions for the Binjai Elderly Social Services UPTD
The results of this study are expected to be a reference and intervention in improving the quality of services at UPTD, especially in meeting the needs of Gerontic Patients with Post Ischemic Stroke activities
3. Advice for future researchers
It is expected to serve as a guide for documentation case studies and can utilize the practice environment as a source of information for nurses caring for Gerontic patients with Post Ischemic Stroke
4. Advice for educational institutions
Research can be used to develop nursing science and theory, especially Gerontic Nursing courses. And can be a source of information at the STIKes Mitra Husada Medan library.

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