

## ABSTRAK

Stroke merupakan penyebab utama kecacatan dan kematian kedua di dunia, dengan stroke iskemik sebagai jenis yang paling umum. Penilaian derajat keparahan stroke sangat penting dalam menentukan prognosis dan langkah penanganan pasien. Penelitian ini bertujuan untuk mengetahui gambaran derajat keparahan stroke iskemik menggunakan skor *National Institute of Health Stroke Scale (NIHSS)* pada pasien di RSUD Cut Meutia Aceh Utara selama periode September hingga November 2024. Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Data diperoleh melalui rekam medis pasien stroke iskemik yang memenuhi kriteria inklusi. Derajat keparahan stroke dinilai menggunakan skor NIHSS dalam dua waktu pengamatan, yaitu 24 jam dan 3 hari setelah pasien dirawat inap. Analisis data dilakukan dengan metode distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa dari 77 pasien stroke iskemik yang diteliti, mayoritas berusia produktif (15–65 tahun) dengan prevalensi 72,7%, dan lebih banyak terjadi pada laki-laki (63,6%) dibanding perempuan (36,4%). Faktor risiko utama adalah hipertensi (84,4%), diikuti oleh merokok (39%) dan diabetes melitus (36,4%). Penilaian NIHSS setelah 24 jam menunjukkan mayoritas pasien mengalami stroke derajat berat (64,9%), namun setelah 3 hari terjadi perbaikan dengan mayoritas pasien mengalami stroke derajat sedang (84,4%). Faktor usia, jenis kelamin, dan banyaknya faktor risiko berpengaruh terhadap tingkat keparahan dan pemulihan pasien stroke.

**Kata Kunci :** *Stroke iskemik, skor NIHSS, derajat keparahan stroke, rawat inap.*

## ABSTRACT

Stroke is the leading cause of disability and the second leading cause of death worldwide, with ischemic stroke being the most common type. Assessing stroke severity is essential for determining prognosis and guiding patient management. This study aimed to describe the severity of ischemic stroke using the National Institute of Health Stroke Scale (NIHSS) score in patients at RSUD Cut Meutia Aceh Utara during the period of September to November 2024. This research employed a quantitative descriptive design with a cross-sectional approach. Data were obtained from medical records of ischemic stroke patients meeting the inclusion criteria. Stroke severity was assessed using the NIHSS score at two observation points: 24 hours and 3 days after hospital admission. Data analysis was conducted using frequency distribution and percentage methods. The results showed that among the 77 ischemic stroke patients studied, the majority were in the productive age group (15–65 years), accounting for 72.7% of cases, and males were more affected (63.6%) than females (36.4%). The main risk factors were hypertension (84.4%), followed by smoking (39%) and diabetes mellitus (36.4%). The NIHSS assessment after 24 hours revealed that most patients experienced severe stroke (64.9%). However, after 3 days, improvement was observed, with the majority experiencing moderate stroke (84.4%). Age, gender, and the number of risk factors significantly influenced the severity and recovery of stroke patients.

**Keywords:** *Ischemic stroke, NIHSS score, stroke severity, hospitalization.*