

ABSTRACT

Novaliani Gultom (2023). Application of Back Masase in Reducing Neck Pain in the Elderly Suffering from Hypertension at PSTW Khusnul Khotimah Pekanbaru. scientific Case study, Riau DIII Nursing study program, Department of nursing, Health Polytechnic of Health Riau. Supervisor (I) R. Sakhnan, SKM., M.Kes, (II) Husnan, S.Kp., MKM.

*Hypertension is the condition of a person who has an increase in systolic blood pressure of 140 mmHg and diastolic 90 mmHg. Hypertension has symptoms such as neck pain. Overcoming cervical pain usually people with hypertension only take anti-pain drugs, there are still many people with hypertension do not know nonpharmacological techniques to reduce pain such as back pain. **The purpose of** this case study scientific paper is to find out the picture of the application of back mass in reducing nape pain in the elderly suffering from hypertension. **The method** used is descriptive research case study with 2 subjects. The implementation of back mass is done by measuring blood pressure before and after back mass which is carried out within 5 minutes for 7 consecutive days. **The results** of this case study found a decrease in neck pain in subject 1 of the assessment results with a scale of 6 to a scale of 3. In subject 2 the results of the study with a scale of 5 became a scale of 2. The action of back masses had an influence in decreasing the pain scales of both subjects. This shows that back mass is effective in reducing pain in hypertensive patients.*

Keywords: hypertension, back masase, pain