

ABSTRAK

Alifah Dwi Fentinha (2025). Asuhan Keperawatan pada Lansia Hipertensi dengan Masalah Keperawatan Gangguan Rasa Aman Nyaman di Wilayah Kerja Puskesmas Simpang Tiga. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Syafrisar Meri Agritubella, M.Kep (II) Ns. Yulianto, S.Kep., M.Pd., MPH. Penguji (I) Hernitati, S.Pd., S.Kep., M.K.M (II) Dr. Ibnu Rusdi, S.Kp., M.Kes.

Hipertensi adalah kondisi kronis ditandai dengan tekanan darah tinggi pada dinding arteri, menyebabkan jantung bekerja lebih keras. Tekanan darah dikatakan abnormal jika tekanan sistolik >140 mmHg dan diastolik >90 mmHg. Hipertensi sering dialami lansia dan dapat memengaruhi kondisi fisik serta psikologis, termasuk rasa aman dan nyaman, serta meningkatkan risiko penyakit kardiovaskular. Asuhan keperawatan penting untuk membantu mengelola hipertensi pada lansia guna meningkatkan kualitas hidup. **Tujuan** penulisan ini untuk memberikan gambaran asuhan keperawatan pada lansia hipertensi yang mengalami gangguan rasa aman nyaman. **Metode** yang digunakan adalah deskriptif dengan pendekatan studi kasus, melibatkan dua subjek penelitian. Proses asuhan mencakup pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi, dengan pengumpulan data melalui wawancara, observasi, dan pemeriksaan fisik. **Hasil** pengkajian menunjukkan empat diagnosis: nyeri akut, gangguan pola tidur, ansietas, dan manajemen kesehatan tidak efektif. Setelah diberikan asuhan keperawatan selama empat hari, terjadi perbaikan signifikan pada kedua subjek, ditandai dengan penurunan nyeri, pola tidur membaik, ansietas menurun, dan kemampuan manajemen kesehatan meningkat. Kesimpulannya, asuhan keperawatan efektif mengurangi gangguan rasa aman nyaman serta meningkatkan kualitas hidup lansia dengan hipertensi. Pelayanan kesehatan diharapkan memperkuat edukasi deteksi dini dan pengelolaan hipertensi guna mendukung peningkatan kualitas kesehatan lansia.

Kata Kunci: Asuhan Keperawatan, Hipertensi, Kemandirian, Lansia, Rasa Aman Nyaman

ABSTRACT

Alifah Dwi Fentina (2025). Nursing Care for Elderly Hypertensive Patients with Nursing Problems of Disturbed Sense of Safety and Comfort in the Working Area of Simpang Tiga Community Health Center. Scientific Paper, Case Study, Diploma III Nursing Study Program Pekanbaru, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisors: (I) Ns. Syafrisar Meri Agritubella, M.Kep; (II) Ns. Yulianto, S.Kep., M.Pd., MPH. Examiners: (I) Hernitati, S.Pd., S.Kep., M.K.M; (II) Dr. Ibnu Rusdi, S.Kp., M.Kes.

*Hypertension is a chronic condition characterized by elevated blood pressure in the arteries, which forces the heart to work harder than normal. It is considered abnormal when the systolic pressure exceeds 140 mmHg and the diastolic exceeds 90 mmHg. This condition is common among the elderly and can affect both physical and psychological well-being, including the sense of safety and comfort, while also increasing the risk of cardiovascular diseases. **The purpose** of this study was to describe the nursing care provided to elderly patients with hypertension who experienced disturbed comfort and safety. **The method** used in this research was descriptive with a case study approach involving two elderly subjects. The nursing care process included assessment, nursing diagnosis, intervention, implementation, and evaluation, with data obtained through interviews, observations, and physical examinations. **The results** showed that the subjects were diagnosed with acute pain, disturbed sleep patterns, anxiety, and ineffective health management. After receiving four days of nursing care, both subjects demonstrated significant improvements, including reduced pain, better sleep quality, decreased anxiety, and improved self-management of health. These findings indicate that nursing care is effective in addressing comfort and safety issues, thereby improving the quality of life for elderly patients with hypertension.*

Keywords: *Nursing care, Hypertension, Independence, Elderly, Comfort and Safety*