

ABSTRAK

Nesya Fhazira (2025). *Asuhan Keperawatan Gerontik Pasien Hiperkolesterolemia Dengan Masalah Keperawatan Gangguan Rasa Nyaman Di Wilayah Kerja UPTD Puskesmas Pangkalan Kasai*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Di luar Kampus Utama, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Yulianto, S. Kep., M.Pd., MPH, (II) Ns. Alice Rosy, M.Kep.

Lansia merupakan kelompok usia yang rentan mengalami perubahan fisiologis, salah satunya peningkatan kadar kolesterol darah (hiperkolesterolemia), yang dapat menimbulkan gangguan rasa nyaman. Penelitian ini bertujuan untuk mendeskripsikan asuhan keperawatan gerontik pada pasien hiperkolesterolemia dengan masalah keperawatan gangguan rasa nyaman di wilayah kerja UPTD Puskesmas Pangkalan Kasai. Penelitian ini menggunakan desain studi kasus deskriptif pada dua subjek lansia dengan hiperkolesterolemia (>200 mg/dL) dan gangguan rasa nyaman sebagai masalah keperawatan utama. Proses asuhan keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Hasil menunjukkan bahwa saat dilakukan pemeriksaan kadar kolesterol subjek 1 yaitu 219 mg/dL dan subjek 2 yaitu 320 mg/dL, kedua subjek mengalami keluhan tidak nyaman berupa sakit di area tengkuk dan lemah fisik. Intervensi yang diberikan berupa edukasi, pemantauan tanda vital, serta terapi relaksasi napas dalam selama lima hari pertemuan. Evaluasi menunjukkan adanya penurunan keluhan rasa tidak nyaman dan peningkatan status kenyamanan secara fisik dan psikologis. Asuhan keperawatan gerontik yang tepat dapat membantu mengurangi gangguan rasa nyaman pada lansia dengan hiperkolesterolemia. Kesimpulannya, asuhan keperawatan dengan pendekatan terapi relaksasi terbukti efektif dalam meningkatkan kenyamanan fisik dan psikologis lansia dengan hiperkolesterolemia. Saran dari penelitian ini adalah diharapkan intervensi ini dapat menjadi bagian dari program pelayanan keperawatan gerontik di tingkat pelayanan primer.

Kata Kunci: Asuhan Keperawatan, Gerontik, Hiperkolesterolemia, Gangguan Rasa Nyaman.

ABSTRACT

Nesya Fhazira (2025). Geriatric Nursing Care for Elderly Patients with Hypercholesterolemia Experiencing Discomfort in the Working Area of UPTD Puskesmas Pangkalan Kasai. Descriptive Case Study. Riau Nursing Diploma Program, Department of Nursing, Ministry of Health Polytechnic Health of Riau. Supervisor (I) Ns. Yulianto, S.Kep., M.Pd., MPH, (II) Ns. Alice Rosy, M.Kep.

Elderly individuals are a vulnerable age group prone to physiological changes, one of which is increased blood cholesterol levels (hypercholesterolemia), which can cause discomfort. This study aims to describe gerontic nursing care for elderly patients with hypercholesterolemia who experience discomfort as a primary nursing problem in the working area of UPTD Puskesmas Pangkalan Kasai. This research uses a descriptive case study design involving two elderly subjects with hypercholesterolemia (>200 mg/dL) and discomfort as their main nursing issue. The nursing care process included assessment, diagnosis, intervention, implementation, and evaluation. The results showed that cholesterol levels in subject 1 were 219 mg/dL and in subject 2 were 320 mg/dL, both reporting discomfort such as pain in the nape area and physical weakness. The interventions provided included education, vital signs monitoring, and deep breathing relaxation therapy over five sessions. Evaluation indicated a reduction in discomfort and an improvement in both physical and psychological comfort. Appropriate gerontic nursing care can help reduce discomfort in elderly individuals with hypercholesterolemia. In conclusion, nursing care using a relaxation therapy approach has proven effective in enhancing physical and psychological comfort in elderly patients with hypercholesterolemia. This study recommends that such interventions be integrated into gerontic nursing services at the primary care level.

Keywords: *Nursing Care, Gerontic, Hypercholesterolemia, Discomfort.*