

ABSTRAK

Cintia Leoni Miranti (2025). Asuhan Keperawatan Lansia Hipertensi dengan Ketidakpatuhan Minum Obat di Wilayah Kerja UPTD Puskesmas Pekan Heran. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Di Luar Kampus Utama, Poltekkes Kemenkes Riau. Pembimbing: (1) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K, (2) Ns. Elmuksinur, S.Kep., M.Biomed.

Hipertensi merupakan salah satu penyakit degeneratif yang banyak dialami oleh lansia dan membutuhkan pengobatan jangka panjang yang ditandai dengan tekanan darah diatas 140/90 mmHg. Ketidakpatuhan dalam mengonsumsi obat antihipertensi dapat menghambat keberhasilan terapi. Berdasarkan data puskesmas di Pekan Heran tahun 2024 ada sebanyak 800 lansia yg menderita hipertensi. Tujuan studi kasus ini adalah untuk mendeskripsikan asuhan keperawatan pada lansia penderita hipertensi dengan masalah ketidakpatuhan minum obat. Penelitian ini menggunakan metode studi kasus dengan pendekatan proses keperawatan, meliputi: pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan terhadap dua subjek di wilayah kerja UPTD Puskesmas Pekan Heran dilaksanakan pada tanggal 14-18 April, sebanyak 5 kali kunjungan, Hasil pengkajian menunjukkan bahwa subjek 1 tidak rutin mengonsumsi obat karena takut efek samping jangka panjang, sedangkan subjek 2 merasa bosan minum obat setiap hari. Setelah dilakukan intervensi keperawatan, kedua subjek menunjukkan peningkatan kepatuhan dalam minum obat dan terjadi perbaikan kondisi klinis. Dapat disimpulkan bahwa pemberian asuhan keperawatan secara holistik dan edukasi yang tepat dapat meningkatkan kepatuhan lansia dalam minum obat. Disarankan agar lansia dan keluarga terus mendapatkan pendampingan untuk mempertahankan kepatuhan dalam pengobatan dan mengontrol tekanan darah secara optimal.

Kata kunci: Asuhan Keperawatan lansia, Hipertensi, Ketidakpatuhan Minum Obat.

ABSTRACT

Cintia Leoni Miranti (2025). Nursing Care for Elderly Hypertensive Patients with Medication Non-Adherence in the Work Area of UPTD Puskesmas Pekan Heran. Scientific Paper Case Study, DIII Nursing Study Program Outside Main Campus, Poltekkes Kemenkes Riau. Supervisors: (1) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K, (2) Ns. Elmukhsinur, S.Kep., M.Biomed.

Hypertension is one of the degenerative diseases commonly experienced by the elderly and requires long-term treatment, characterized by blood pressure above 140/90 mmHg. Non-adherence to taking antihypertensive medication can hinder the success of therapy. According to health center data in Pekan Heran in 2024, there were as many as 800 elderly individuals suffering from hypertension. The purpose of this case study is to describe nursing care for elderly hypertensive patients with the problem of medication non-adherence. This study used a case study method with a nursing process approach, including assessment, diagnosis, intervention, implementation, and nursing evaluation of two subjects in the work area of UPTD Puskesmas Pekan Heran, conducted over 5 visits from April 14, 2025, to April 18, 2025. The assessment results showed that subject 1 did not routinely take medication due to fear of long-term side effects, while subject 2 felt bored taking medication every day. After nursing interventions were carried out, both subjects showed increased adherence to medication and clinical condition improvement. It can be concluded that providing holistic nursing care and appropriate education can improve medication adherence among the elderly. It is recommended that elderly patients and their families continue to receive guidance to maintain adherence and optimally control blood pressure.

Keywords: Nursing Care for the Elderly, Hypertension, Medication Non-Adherence.