

ABSTRAK

Rahayu Okta Joana (2025) Asuhan Keperawatan Hipertensi dengan Masalah Nyeri akut pada Lansia Di Wilayah Kerja UPTD Puskesmas Pekan Heran. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Di Luar Kampus Utama Jurusan Keperawatan Politeknik Kesehatan Kemenkes Riau Pembimbing(1) Ns.Elmukhsinur, S.Kep., M. Biomed (II)Ns. Sety Julita, S.Kep, M.Kep

Latar belakang : Nyeri akut adalah salah satu masalah keperawatan yang sering dialami oleh lansia dengan hipertensi. Keluhan nyeri, terutama pada area kepala dan tengkuk, dapat menurunkan kualitas hidup dan mengganggu aktivitas sehari-hari lansia. Penanganan nyeri yang tepat diperlukan agar keluhan dapat dikontrol secara optimal. Penelitian ini bertujuan: Mendeskripsikan pelaksanaan asuhan keperawatan pada lansia dengan nyeri akut akibat hipertensi menggunakan pendekatan proses keperawatan. Metode Penelitian: ini menggunakan studi kasus deskriptif terhadap dua lansia perempuan yang mengalami nyeri akut akibat hipertensi. Asuhan dilakukan selama lima hari 14-18 April 2025 di wilayah kerja UPTD Puskesmas Pekan Heran, meliputi tahapan pengkajian, diagnosa, perencanaan, implementasi, dan evaluasi keperawatan. Intervensi utama adalah manajemen nyeri nonfarmakologis, seperti teknik relaksasi napas dalam dan terapi musik. Hasil: menunjukkan Kedua subjek mengalami penurunan intensitas nyeri dari skala 6 dan 5 menjadi skala 2 dalam lima hari. Subjek juga menunjukkan perbaikan tekanan darah, dan mampu menerapkan teknik pengendalian nyeri secara mandiri. Kesimpulan: Intervensi nonfarmakologis terbukti efektif dalam mengurangi nyeri akut pada lansia dengan hipertensi. Pendekatan ini dapat menjadi pilihan intervensi keperawatan yang aman dan mudah diterapkan di komunitas. Saran: Diharapkan perawat dan tenaga kesehatan lainnya lebih mengoptimalkan intervensi nonfarmakologis dalam manajemen nyeri akut serta melibatkan keluarga dalam upaya pendampingan lansia di rumah.

Kata Kunci : Asuhan Keperawatan, hipertensi, nyeri akut, lansia

ABSTRAK

Rahayu Okta Joana (2025). *Nursing Care for Hypertension with Acute Pain Problems in the Elderly in the Working Area of UPTD Pekan Heran Health Center. Scientific Paper of Case Study, Diploma III Nursing Study Program Outside the Main Campus, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisors: (1) Ns. Elmukhsinur, S.Kep., M. Biomed; (2) Ns. Sety Julita, S.Kep, M.Kep.*

Background: Acute pain is one of the common nursing problems experienced by elderly individuals with hypertension. Pain complaints, especially in the head and neck areas, can reduce the quality of life and interfere with the daily activities of the elderly. Proper pain management is required to control these complaints effectively. This study aimed to provide nursing care to elderly patients with acute pain due to hypertension using the nursing process approach. This research used a descriptive case study method involving two elderly female patients experiencing acute pain due to hypertension. The nursing care was provided over five days (April 14–18, 2025) in the working area of UPTD Pekan Heran Health Center, covering assessment, diagnosis, planning, implementation, and evaluation. The main interventions included non-pharmacological pain management techniques such as deep breathing relaxation and music therapy. The results showed a decrease in pain intensity from a scale of 6 and 5 to a scale of 2 within five days. The subjects also experienced improved blood pressure and were able to independently apply pain control techniques. In conclusion, non-pharmacological interventions proved effective in reducing acute pain in elderly patients with hypertension. This approach can serve as a safe and easily applicable nursing intervention in the community. It is recommended that nurses and other healthcare professionals further optimize non-pharmacological interventions in managing acute pain and involve families in supporting elderly care at home.

Keywords: Acute pain, elderly, hypertension, nursing care, relaxation techniques