

ABSTRAK

Asuhan Keperawatan Pada Lansia Hiperkolesterolemia dengan Masalah Gangguan Rasa Nyaman di Wilayah Kerja UPTD Puskesmas Pekan Heran

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Hiperkolesterolemia merupakan suatu kondisi dimana kadar kolesterol darah diatas 200 mg/dl dimana kadar kolesterol yang tinggi dalam darah akan menyebabkan gangguan sistem pembuluh darah jantung mulai dari aterosklerosis, hipertensi, aritmia, IMA (*Infark Miocardium Acute*), dan berbagai macam gangguan *cardiovascular*. Gangguan rasa nyaman merupakan suatu gangguan dimana perasaan kurang senang, kurang lega, dan kurang sempurna dalam dimensi fisik, psikospiritual, lingkungan serta sosial. Penelitian ini bertujuan untuk mendeskripsikan asuhan keperawatan pada lansia hiperkolesterolemia dengan masalah gangguan rasa nyaman di wilayah kerja uptd puskesmas pekan heran. Metode penelitian ini adalah penelitian deskriptif studi kasus menggunakan 1 subjek pasien hiperkolesterolemia dengan masalah gangguan rasa nyaman. Hasil penelitian menunjukkan adanya penurunan keluhan tidak nyaman, gelisah, kesulitan tidur, Lelah, serta peningkatan perasaan rileks. Subjek mampu menjelaskan kembali materi edukasi dan mulai menunjukkan perubahan perilaku seperti pengaturan pola makan (mengonsumsi makanan rendah lemak). Kesimpulan menunjukkan bahwa masalah gangguan rasa nyaman teratasi. Disarankan kepada subjek untuk dapat menerapkan pola hidup sehat dengan diit rendah lemak dan rutin melakukan aktivitas sesuai kemampuan, melakukan pemeriksaan kolesterol secara berkala, serta melibatkan keluarga dalam mendukung pola hidup sehat.

Kata kunci: Hiperkolesterolemia, asuhan keperawatan lansia, gangguan rasa nyaman.

ABSTRACT

Nursing Care for Older Adults with Hypercholesterolemia and the Nursing Problem of Impaired Comfort in the Pekan Heran Health Center Service Area

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Hypercholesterolemia is a condition characterized by blood cholesterol levels exceeding 200 mg/dL; high levels can lead to cardiovascular disorders, ranging from atherosclerosis, hypertension, and arrhythmias to acute myocardial infarction (AMI) and various other cardiovascular issues. "Impaired comfort" is defined as a state characterized by a lack of contentment, relief, or a sense of well-being across physical, psychospiritual, environmental, and social dimensions. This study aimed to describe the nursing care provided to an elderly patient with hypercholesterolemia experiencing impaired comfort within the service area of the Pekan Heran Community Health Center UPTD Puskesmas. A descriptive case study method was employed, focusing on a single patient with hypercholesterolemia and impaired comfort. The results showed a reduction in complaints regarding discomfort, restlessness, sleep difficulties, and fatigue, alongside an increased sense of relaxation. The patient was able to articulate the educational material provided and began demonstrating behavioral changes, such as dietary adjustments (consuming low-fat foods). The study concluded that the issue of impaired comfort was successfully resolved. It is recommended that the patient adopt a healthy lifestyle—including a low-fat diet and regular physical activity suited to their capabilities—undergo periodic cholesterol checks, and involve their family in supporting this healthy lifestyle.

Keywords: Hypercholesterolemia, nursing care for the elderly, impaired sense of well-being.