

ABSTRAK

Raudhatul Jannah (2026). Asuhan Keperawatan pada Lansia yang Mengalami Hipertensi dengan Masalah Keperawatan Gangguan Rasa Nyaman di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Hernitati, S.Pd., S.Kep., M.K.M (II) Ns. Melly, SST., S.Kep., M.Kes.

Hipertensi merupakan salah satu penyakit tidak menular yang banyak terjadi pada lansia dan dapat menimbulkan masalah keperawatan gangguan rasa nyaman seperti rasa berat dan tegang pada tengkuk. Tekanan darah dikatakan abnormal jika tekanan sistolik >140 mmHg dan diastolik >90 mmHg. **Tujuan** penelitian ini untuk memperoleh gambaran nyata tentang asuhan keperawatan pada lansia yang mengalami hipertensi dengan masalah keperawatan gangguan rasa nyaman di wilayah kerja Puskesmas Simpang Tiga Pekanbaru. **Metode** yang digunakan adalah deskriptif dengan pendekatan studi kasus melibatkan satu subjek penelitian. Proses asuhan mencakup pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Hasil penelitian menunjukkan penurunan rasa tidak nyaman, berkurangnya rasa berat dan tegang pada tengkuk, pasien tampak lebih rileks, serta terjadi penurunan tekanan darah dari 166/87 mmHg menjadi 129/80 mmHg. **Disimpulkan** bahwa teknik relaksasi napas dalam efektif meningkatkan kenyamanan dan membantu menstabilkan tekanan darah pada lansia hipertensi. Puskesmas **disarankan** mengoptimalkan edukasi dan penerapan teknik relaksasi napas dalam sebagai bagian dari pelayanan keperawatan bagi pasien hipertensi.

Kata Kunci: Hipertensi, Lansia, Gangguan Rasa Nyaman, Relaksasi Napas Dalam, Asuhan Keperawatan

ABSTRACT

Raudhatul Jannah (2026). Nursing Care for Elderly Patients with Hypertension and Nursing Problems of Impaired Comfort in the Working Area of Simpang Tiga Public Health Center Pekanbaru. Case Study Scientific Paper, Diploma III Nursing Study Program Pekanbaru, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisor (I) Hernitati, S.Pd., S.Kep., M.K.M (II) Ns. Melly, SST., S.Kep., M.Kes.

*Hypertension is one of the most common non-communicable diseases among older adults and can cause nursing problems related to impaired comfort, such as a feeling of heaviness and tension in the neck. Blood pressure is considered abnormal when the systolic pressure is >140 mmHg and the diastolic pressure is >90 mmHg. **This study aimed** to obtain a clear description of nursing care for older adults with hypertension experiencing impaired comfort in the working area of Simpang Tiga Public Health Center, Pekanbaru. **The method** used was descriptive with a case study approach involving one research subject. The nursing care process included assessment, nursing diagnosis, intervention, implementation, and evaluation. **The results** showed a decrease in discomfort, reduced feelings of heaviness and tension in the neck, a more relaxed appearance, and a reduction in blood pressure from 166/87 mmHg to 129/80 mmHg. **It was concluded** that deep breathing relaxation techniques were effective in improving comfort and helping stabilize blood pressure in older adults with hypertension. Public health centers are **recommended** to optimize education and the implementation of deep breathing relaxation techniques as part of nursing care services for patients with hypertension.*

Keywords: *Hypertension, Elderly, Impaired Comfort, Deep Breathing Relaxation, Nursing Care.*