

ABSTRAK

Muhammad Gibran (2026). Asuhan Keperawatan pada Lansia Hipertensi dengan Masalah Keperawatan Nyeri Kepala Akut di Wilayah Kerja Puskesmas Tenayan Raya Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Ardenny, S.Kep., M.Kep., (II) Kustiasih Lestari, SKM., M.Si.

Hipertensi merupakan penyakit tidak menular yang sering terjadi pada lansia dan dapat menyebabkan nyeri kepala akut yang mengganggu kenyamanan, aktivitas sehari-hari, serta kualitas hidup. Penelitian ini bertujuan menggambarkan pelaksanaan asuhan keperawatan pada lansia hipertensi dengan masalah keperawatan nyeri kepala akut di wilayah kerja Puskesmas Tenayan Raya Kota Pekanbaru. Metode penelitian menggunakan studi kasus deskriptif pada satu klien lansia hipertensi selama lima hari 9–13 April 2026. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Pelaksanaan asuhan keperawatan meliputi pengkajian, penetapan diagnosis keperawatan nyeri akut, penyusunan intervensi, implementasi berupa manajemen nyeri, pemantauan tanda-tanda vital, edukasi kesehatan, teknik relaksasi otot progresif, dan teknik relaksasi napas dalam, serta evaluasi hasil keperawatan. Hasil menunjukkan skala nyeri kepala menurun dari 6 menjadi 2, tekanan darah membaik, klien tampak lebih nyaman dan rileks, serta mampu melakukan teknik relaksasi secara mandiri. Disimpulkan bahwa pelaksanaan asuhan keperawatan dengan kombinasi manajemen nyeri, teknik relaksasi otot progresif, dan teknik relaksasi napas dalam efektif membantu menurunkan nyeri kepala akut pada lansia hipertensi.

Kata kunci: Hipertensi, Lansia, Asuhan Keperawatan, Nyeri Kepala Akut, Manajemen Nyeri, Teknik Relaksasi Otot Progresif, Teknik Relaksasi Napas Dalam.

ABSTRACT

Muhammad Gibran (2026). Nursing Care for Elderly Patients with Acute Headache Pain Associated with Hypertension in the Working Area of Tenayan Raya Public Health Center, Pekanbaru. Case Study Scientific Paper, Diploma III Nursing Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Ardenny, S.Kep., M.Kep. (II) Kustiasih Lestari, SKM., M.Si.

Hypertension is a non-communicable disease that commonly affects older adults and may cause acute headache, leading to discomfort, impaired daily activities, and reduced quality of life. This study aimed to describe the implementation of nursing care for an older adult with hypertension experiencing acute headache at the Tenayan Raya Public Health Center, Pekanbaru. The study used a descriptive case study design involving one older adult with hypertension for five days 9–13 April 2026. Data were collected through interviews, observation, physical examination, and documentation. The nursing care process included assessment, identification of the nursing diagnosis of acute pain, planning, implementation of pain management, monitoring of vital signs, health education, progressive muscle relaxation, deep breathing relaxation techniques, and evaluation. The results showed that the headache pain scale decreased from 6 to 2, blood pressure improved, the client appeared more comfortable and relaxed, and was able to perform the relaxation techniques independently. The implementation of nursing care combined with pain management, progressive muscle relaxation, and deep breathing relaxation techniques was effective in reducing acute headache in older adults with hypertension.

Keywords: Hypertension, Older Adults, Nursing Care, Acute Headache, Pain Management, Progressive Muscle Relaxation, Deep Breathing Relaxation Technique.