

ABSTRAK

Laras Aulia Pramesti (2026). Asuhan Keperawatan Pada Klien Hipertensi Dengan Masalah Keperawatan Nyeri Akut Di Puskesmas Simpang Tiga Pekanbaru, Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Nia Khusniyati, M.Kep.,Sp.Kep.M.B, (II) Ns. Yoza Misra Fatmi, M.Kep.,Sp.Kep.M.B.

Hipertensi merupakan salah satu penyakit tidak menular yang menjadi masalah kesehatan utama di Indonesia. Peningkatan tekanan darah yang tidak terkontrol dapat menimbulkan berbagai komplikasi serta keluhan yang sering dialami pasien, salah satunya adalah nyeri akut berupa sakit kepala, tengkuk terasa berat, dan ketidaknyamanan yang dapat mengganggu aktivitas sehari-hari. Tujuan: Mendeskripsikan pelaksanaan asuhan keperawatan pada klien hipertensi dengan masalah keperawatan nyeri akut di Puskesmas Simpang Tiga Pekanbaru. Metode: Studi kasus. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Hasil: Implementasi keperawatan diberikan selama 3 hari yaitu dengan memberikan pemantauan tanda-tanda vital, pengkajian skala nyeri, pemberian posisi nyaman, teknik relaksasi napas dalam, edukasi pengendalian hipertensi, serta kolaborasi pemberian terapi farmakologis sesuai program medis. Evaluasi menunjukkan adanya penurunan skala nyeri dari 6 ke 3, tekanan darah dalam batas normal 120/80 mmHg, klien tampak lebih rileks, dan mampu melakukan pencegahan hipertensi. Dengan demikian, penerapan asuhan keperawatan secara komprehensif dan berkesinambungan dapat membantu mengurangi nyeri akut serta meningkatkan kualitas kesehatan pasien hipertensi. Kesimpulan: Penerapan asuhan keperawatan pada klien hipertensi dengan masalah keperawatan nyeri akut dapat membantu mengurangi intensitas nyeri, meningkatkan kenyamanan pasien, dan mendukung pengendalian tekanan darah. Intervensi keperawatan yang terencana dan berkesinambungan berperan penting dalam meningkatkan status kesehatan klien hipertensi.

Kata Kunci: Hipertensi, Nyeri Akut, Asuhan Keperawatan, Proses Keperawatan, Puskesmas.

ABSTRACT

Laras Aulia Pramesti (2026). Nursing Care for a Hypertension Client with Acute Pain Nursing Problems at Simpang Tiga Public Health Center Pekanbaru. Scientific Paper of Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B., Supervisor (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B.

Hypertension is one of the non-communicable diseases that remains a major health problem in Indonesia. Uncontrolled blood pressure can lead to various complications and complaints commonly experienced by patients, one of which is acute pain manifested by headaches, neck stiffness, and discomfort that may interfere with daily activities. Objective: To describe the implementation of nursing care for a client with hypertension experiencing acute pain at Simpang Tiga Public Health Center Pekanbaru. Method: This study used a case study approach. Data were collected through interviews, observation, physical examination, and documentation review. Results: Nursing interventions were provided for three days, including monitoring vital signs, assessing pain intensity, positioning the client comfortably, teaching deep breathing relaxation techniques, providing education on hypertension management, and collaborating in the administration of pharmacological therapy according to the medical treatment plan. The evaluation showed a decrease in the pain scale from 6 to 3, a more relaxed condition, and an improved understanding of hypertension recurrence prevention efforts. Therefore, the implementation of comprehensive and continuous nursing care can help reduce acute pain and improve the health status of patients with hypertension. Conclusion: The implementation of nursing care for clients with hypertension and acute pain can help reduce pain intensity, improve patient comfort, and support blood pressure control. Well-planned and continuous nursing interventions play an important role in improving the health status of hypertensive clients.

Keywords: Hypertension, Acute Pain, Nursing Care, Nursing Process, Public Health Center.