

ABSTRAK

Aulia, Adinda Zahwa (Februari 2026). Asuhan Keperawatan Lansia Pada Klien Hipertensi Dengan Masalah Keperawatan Gangguan Pola Tidur Di PSTW Husnul Khotimah Provinsi Riau. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Rusherina, S.Pd., S.Kep., M.Kes, Pembimbing (II) Ns. Idayanti, S.Pd., S.Kep., M.Kes.

Latar Belakang: Lansia mengalami proses penuaan yang menyebabkan penurunan fungsi fisiologis serta meningkatnya risiko penyakit degeneratif, seperti hipertensi. Kondisi ini sering disertai gangguan pola tidur, seperti kesulitan memulai dan mempertahankan tidur, yang dapat memperburuk kontrol tekanan darah dan meningkatkan risiko komplikasi kardiovaskular. Di PSTW Husnul Khotimah Provinsi Riau, hipertensi merupakan kasus terbanyak, namun kajian asuhan keperawatan berbasis bukti terkait gangguan tidur masih terbatas. **Tujuan:** Melaksanakan asuhan keperawatan gerontik secara komprehensif meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada lansia hipertensi dengan gangguan pola tidur. **Metode:** Penelitian deskriptif dengan pendekatan studi kasus pada satu responden (Tn. Y, 74 tahun) di UPT PSTW Husnul Khotimah Pekanbaru. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, dan kuesioner PSQI. **Hasil:** Pengkajian menunjukkan tekanan darah 160/97 mmHg dan kualitas tidur buruk (skor PSQI tinggi). Diagnosis keperawatan adalah gangguan pola tidur. Intervensi berupa dukungan tidur dan edukasi sleep hygiene menunjukkan perbaikan bertahap dalam 5 hari. **Kesimpulan:** Intervensi keperawatan efektif meningkatkan kualitas tidur dan menurunkan tekanan darah hingga 125/70 mmHg.

Kata Kunci: Asuhan Keperawatan, Gangguan Pola Tidur, Hipertensi, Lansia, PSTW Husnul Khotimah.

ABSTRACT

Aulia, Adinda Zahwa (February 2026). Geriatric Nursing Care for Hypertension Patients with Disturbed Sleep Pattern Nursing Problems at PSTW Husnul Khotimah, Riau Province. Case Study Scientific Papers. Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisors: (I) Ns. Rusherina, S.Pd., S.Kep., M.Kes, (II) Ns. Idayanti, S.Pd., S.Kep., M.Kes.

Background: Elderly individuals experience aging processes that lead to decreased physiological function and an increased risk of degenerative diseases such as hypertension. This condition is often accompanied by sleep pattern disturbances, including difficulty initiating and maintaining sleep, which can worsen blood pressure control and increase the risk of cardiovascular complications. At PSTW Husnul Khotimah, Riau Province, hypertension has the highest prevalence; however, evidence-based nursing care studies focusing on sleep disturbances remain limited. **Objective:** To implement comprehensive gerontic nursing care, including assessment, diagnosis, intervention planning, implementation, and evaluation in elderly patients with hypertension and sleep pattern disturbances. **Methods:** This study used a descriptive design with a case study approach involving one elderly respondent (Mr. Y, 74 years old) at UPT PSTW Husnul Khotimah Pekanbaru. Data were collected through interviews, observation, physical examination, documentation, and the Pittsburgh Sleep Quality Index (PSQI). **Results:** Initial assessment showed elevated blood pressure (160/97 mmHg) and poor sleep quality (high PSQI score). The nursing diagnosis was sleep pattern disturbance. Interventions included sleep support and sleep hygiene education, showing gradual improvement over five days. **Conclusion:** Nursing interventions were effective in improving sleep quality and reducing blood pressure to 125/70 mmHg.

Keywords: Nursing Care, Disturbed Sleep Pattern, Hypertension, Elderly, PSTW Husnul Khotimah