

ABSTRAK

Annisa Sabila (2026). Asuhan Keperawatan pada Klien Hipertensi dengan Masalah Keperawatan Nyeri Akut 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., M.K.M (II) Ns. Melly, SST., S.Kep., M.Kes.

Hipertensi merupakan penyakit tidak menular yang ditandai dengan peningkatan tekanan darah $\geq 140/90$ mmHg dan dapat menyebabkan berbagai komplikasi apabila tidak ditangani dengan baik. Salah satu masalah keperawatan yang sering ditemukan pada penderita hipertensi adalah nyeri akut yang dapat mengganggu aktivitas sehari-hari dan kualitas hidup klien. **Tujuan** studi kasus ini adalah untuk menggambarkan pelaksanaan asuhan keperawatan pada klien hipertensi dengan masalah keperawatan nyeri akut di wilayah kerja Puskesmas Simpang Tiga Pekanbaru. **Metode** yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi pada satu klien hipertensi. **Hasil** menunjukkan klien mengalami nyeri pada tengkuk hingga pinggang dengan skala nyeri awal 4 dan tekanan darah 161/88 mmHg. Intervensi yang diberikan berupa edukasi hipertensi, teknik relaksasi napas dalam, kompres hangat, serta pemantauan tanda vital. Setelah empat hari asuhan keperawatan, skala nyeri menurun menjadi 2 dan tekanan darah 145/85 mmHg kondisi klien membaik. **Disimpulkan** bahwa teknik relaksasi napas dalam dan kompres hangat efektif menurunkan nyeri akut pada klien hipertensi. **Disarankan** klien melakukan kontrol tekanan darah secara rutin serta menerapkan teknik nonfarmakologis secara mandiri untuk mencegah kekambuhan nyeri.

Kata Kunci: Hipertensi, Nyeri Akut, Relaksasi Napas Dalam, Kompres Hangat, Asuhan Keperawatan.

ABSTRACT

Annisa Sabila (2026). Nursing Care for a Client with Hypertension and Acute Pain Nursing Problem in the Working Area of Simpang Tiga Public Health Center, Pekanbaru. Scientific Case Study Report, Diploma III Nursing Study Program, Department of Nursing, Riau Health Polytechnic, Ministry of Health. Supervisor (I) Hernitati, S.Pd., M.K.M. Supervisor (II) Ns. Melly, SST., S.Kep., M.Kes.

*Hypertension is a non-communicable disease characterized by an increase in blood pressure of $\geq 140/90$ mmHg and can cause various complications if not properly managed. One of the nursing problems commonly found in patients with hypertension is acute pain, which can interfere with daily activities and the client's quality of life. **The purpose** of this case study was to describe the implementation of nursing care for a client with hypertension and acute pain in the working area of Simpang Tiga Public Health Center, Pekanbaru. **The Method** used was a descriptive case study with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observation, physical examination, and documentation studies involving one client with hypertension. **The results** showed that the client experienced pain from the neck to the lower back with an initial pain scale of 4 and a blood pressure of 161/88 mmHg. The interventions provided included hypertension education, deep breathing relaxation techniques, warm compress therapy, and monitoring of vital signs. After four days of nursing care, the pain scale decreased to 2 and blood pressure decreased to 145/85 mmHg, indicating an improvement in the client's condition. **It was concluded** that deep breathing relaxation techniques and warm compress therapy were effective in reducing acute pain in clients with hypertension. Clients are **recommended** to monitor their blood pressure regularly and apply non-pharmacological techniques independently to prevent pain recurrence.*

Keywords: Hypertension, Acute Pain, Deep Breathing Relaxation, Warm Compress, Nursing Care.