

ABSTRAK

Citra Tri Arfani (2026). Asuhan Keperawatan Keluarga pada Klien Hipertensi dengan Masalah Keperawatan Defisit Pengetahuan di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Poltekkes Kemenkes Riau. Pembimbing: (1) Ns. Idayanti, S.Pd., S.Kep., M.Kes (2) R. Sakhnan, SKM., M.Kes

Hipertensi merupakan penyakit tidak menular yang banyak ditemukan di masyarakat dan berisiko menimbulkan komplikasi serius apabila tidak dikelola dengan baik. Salah satu masalah yang sering dijumpai pada penderita hipertensi adalah defisit pengetahuan terkait penyakit dan pengaturan diet rendah garam. Berdasarkan data Puskesmas Simpang Tiga Pekanbaru tahun 2024, jumlah penderita hipertensi mencapai 9.939 orang (83,45%). Studi kasus ini bertujuan mendeskripsikan asuhan keperawatan keluarga pada klien hipertensi dengan masalah keperawatan defisit pengetahuan. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Asuhan keperawatan dilakukan melalui kunjungan keluarga di wilayah kerja Puskesmas Simpang Tiga Pekanbaru. Hasil pengkajian menunjukkan bahwa klien dan keluarga memiliki keterbatasan pengetahuan mengenai hipertensi, pengendalian tekanan darah, serta diet rendah garam. Intervensi berupa edukasi kesehatan, penyuluhan diet rendah garam, diskusi keluarga, dan pemberian media edukasi menunjukkan peningkatan pengetahuan keluarga dalam perawatan hipertensi. Disimpulkan bahwa asuhan keperawatan keluarga yang disertai edukasi kesehatan efektif meningkatkan pengetahuan keluarga dalam mengelola hipertensi.

Kata kunci: hipertensi, defisit pengetahuan, asuhan keperawatan keluarga, edukasi kesehatan, diet rendah garam.

ABSTRAC

Citra Tri Arfani (2026). Family Nursing Care for Clients with Hypertension and Nursing Problems of Knowledge Deficit in the Working Area of Simpang Tiga Public Health Center, Pekanbaru. Scientific Case Study Report, Diploma III Nursing Program, Health Polytechnic of the Ministry of Health Riau. Supervisors: (1) Ns. Idayanti, S.Pd., S.Kep., M.Kes (2) R. Sakhnan, SKM., M.Kes.

Hypertension is a non-communicable disease commonly found in the community and has the potential to cause serious complications if not properly managed. One of the most common problems experienced by individuals with hypertension is a knowledge deficit regarding the disease and the implementation of a low-salt diet. Based on data from Simpang Tiga Public Health Center Pekanbaru in 2024, the number of hypertension cases reached 9,939 (83.45%). This case study aimed to describe family nursing care for a client with hypertension experiencing a nursing problem of knowledge deficit. The method used was a case study approach applying the nursing process, including assessment, nursing diagnosis, intervention, implementation, and evaluation. Family nursing care was conducted through home visits in the working area of Simpang Tiga Public Health Center Pekanbaru. The assessment results showed that the client and family had limited knowledge regarding hypertension, blood pressure control, and a low-salt diet. Interventions included health education, low-salt diet counseling, family discussions, and the provision of educational media, which resulted in improved family knowledge regarding hypertension management. It can be concluded that family nursing care combined with appropriate health education is effective in improving family knowledge in managing hypertension.

Keywords: hypertension, knowledge deficit, family nursing care, health education, low-salt diet.