

ABSTRAK

Asuhan Keperawatan Gerontik pada Pasien Gastritis dengan Masalah Gangguan Rasa Nyaman di Wilayah Kerja UPTD Puskesmas Pekan Heran

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Latar Belakang: gastritis merupakan peradangan mukosa lambung yang menimbulkan nyeri ulu hati, mual, muntah serta menurunkan kualitas hidup lansia. Data UPTD Puskesmas Pekan Heran menunjukkan peningkatan kasus gastritis pada lansia dari 39 klien tahun 2024 menjadi 40 klien tahun 2025. Tujuan Penelitian: mendeskripsikan asuhan keperawatan gerontik pada pasien gastritis dengan gangguan rasa nyaman di wilayah kerja UPTD Puskesmas Pekan Heran. Metode Penelitian: deskriptif studi kasus yang dilaksanakan pada 30 Maret–4 April 2026. Pengumpulan data dilakukan melalui wawancara, observasi dan pemeriksaan fisik dengan penerapan tahapan asuhan keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi dan evaluasi. Hasil Penelitian: setelah enam hari kunjungan, keluhan nyeri epigastrium menurun, mual berkurang, pasien lebih rileks serta rasa gelisah dan lelah berkurang sehingga masalah gangguan rasa nyaman teratasi. Pembahasan: pasien mengalami gangguan rasa nyaman dengan keluhan nyeri epigastrium, mual, gelisah dan lelah. Terapi relaksasi napas dalam dan edukasi pola makan diberikan untuk mengurangi keluhan gastritis sebagai upaya mengatasi gangguan rasa nyaman. Kesimpulan: penerapan asuhan keperawatan gerontik melalui terapi relaksasi napas dalam dan edukasi kesehatan selama enam hari kunjungan menunjukkan perbaikan kondisi pasien sehingga gangguan rasa nyaman dapat teratasi. Saran: pasien diharapkan menjaga pola makan dan menerapkan relaksasi napas dalam apabila gejala gastritis muncul kembali.

Kata kunci: Asuhan Keperawatan Gerontik, Gastritis, Gangguan Rasa Nyaman

ABSTRACT

Gerontological Nursing Care for Gastritis Patients with Comfort Disturbances in the Working Area of UPTD Pekan Heran Health Center

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Background: Gastritis is an inflammation of the gastric mucosa that causes epigastric pain, nausea, vomiting and decreases the quality of life in the elderly. Data from UPTD Pekan Heran Health Center show that gastritis cases among the elderly increased from 39 clients in 2024 to 40 clients in 2025. Research Objective: To describe gerontic nursing care for elderly patients with gastritis experiencing discomfort in the working area of UPTD Pekan Heran Health Center. Research Method: A descriptive case study conducted from March 30 to April 4, 2026. Data were collected through interviews, observation and physical examination with the application of nursing care stages including assessment, diagnosis, intervention, implementation and evaluation. Research Results: After six days of nursing care visits, epigastric pain decreased, nausea was reduced, the patient became more relaxed and feelings of anxiety and fatigue diminished, so the problem of discomfort was resolved. Discussion: The patient experienced discomfort with complaints of epigastric pain, nausea, anxiety, and fatigue. Deep breathing relaxation therapy and dietary education were provided to reduce gastritis complaints as an effort to overcome discomfort. Conclusion: The application of gerontic nursing care through deep breathing relaxation therapy and health education on diet during six days of visits showed improvement in the patient's condition, so the problem of discomfort in elderly patients with gastritis could be resolved. Suggestion: Patients are expected to maintain dietary patterns and apply deep breathing relaxation therapy if gastritis symptoms recur as an effort to reduce discomfort.

Keywords: Gerontological Nursing Care,, Gastritis, Comfort Disturbance