

ABSTRAK

Nahdia Mahfuzah. (2026). *Asuhan Keperawatan pada Pasien Hipertensi dengan Masalah Keperawatan Nyeri Akut di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru Tahun 2026*. Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kementerian Kesehatan Riau. Pembimbing (I): R. Sakhnan, S.KM., M.Kes. Pembimbing (II): Husnan, S.Kp., MKM.

Latar Belakang: Hipertensi merupakan penyakit tidak menular yang ditandai dengan peningkatan tekanan darah $\geq 140/90$ mmHg dan dapat menimbulkan berbagai komplikasi seperti stroke, penyakit jantung, dan gagal ginjal. Salah satu masalah keperawatan yang sering muncul pada pasien hipertensi adalah nyeri akut akibat peningkatan tekanan darah yang menyebabkan gangguan sirkulasi serebral. **Tujuan:** Mendeskripsikan asuhan keperawatan pada pasien hipertensi dengan masalah keperawatan nyeri akut di wilayah kerja Puskesmas Simpang Tiga Kota Pekanbaru. **Metode:** Penelitian menggunakan desain studi kasus deskriptif pada satu pasien hipertensi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. **Hasil:** Hasil pengkajian menunjukkan pasien Ny. S usia 56 tahun mengeluh nyeri kepala dan rasa berat pada tengkuk dengan tekanan darah 157/97 mmHg. **Diagnosa:** Nyeri akut berhubungan dengan agen pencedera fisiologis. **Intervensi:** Manajemen nyeri melalui pemantauan tanda vital, identifikasi karakteristik nyeri, pemberian posisi nyaman, teknik relaksasi kompres hangat, edukasi. **Implementasi:** Tindakan keperawatan dilakukan sesuai rencana yang telah disusun. **Evaluasi:** Pasien menunjukkan penurunan intensitas nyeri, ekspresi wajah lebih rileks, rasa nyaman meningkat, dan tekanan darah membaik. **Kesimpulan:** Asuhan keperawatan secara komprehensif efektif membantu menurunkan nyeri akut dan meningkatkan kenyamanan pada pasien hipertensi.

Kata Kunci: Asuhan Keperawatan, Hipertensi, Nyeri Akut, Studi Kasus, Keperawatan

ABSTRACT

Nahdia Mahfuzah. (2026). *Nursing Care for Patients with Hypertension and Acute Pain Nursing Problems in the Working Area of Simpang Tiga Public Health Center, Pekanbaru City, 2026*. Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I): R. Sakhnan, S.KM., M.Kes. Supervisor (II): Husnan, S.Kp., MKM.

Background: Hypertension is a non-communicable disease characterized by blood pressure levels of $\geq 140/90$ mmHg and may lead to various complications, such as stroke, heart disease, and kidney failure. One of the most common nursing problems experienced by patients with hypertension is acute pain caused by elevated blood pressure, which may result in impaired cerebral circulation.

Objective: To describe the nursing care provided to a patient with hypertension and an acute pain nursing problem in the working area of Simpang Tiga Public Health Center, Pekanbaru City. **Methods:** This study employed a descriptive case study design involving one patient with hypertension. Data were collected through interviews, observation, physical examination, and documentation review.

Results: The assessment findings revealed that Mrs. S, a 56-year-old patient, complained of headache and a feeling of heaviness in the neck, with a blood pressure reading of 157/97 mmHg. **Diagnosis:** Acute pain related to a physiological injury agent.

Interventions: Pain management was provided through monitoring vital signs, identifying pain characteristics, positioning the patient comfortably, applying warm compress relaxation techniques, providing health education, and collaborating with healthcare professionals in therapy management.

Implementation: Nursing interventions were carried out according to the established care plan. **Evaluation:** The patient demonstrated a reduction in pain intensity, a more relaxed facial expression, increased comfort, and improved blood pressure.

Conclusion: Comprehensive nursing care was effective in reducing acute pain and improving comfort in patients with hypertension.

Keywords: Nursing Care, Hypertension, Acute Pain, Case Study, Nursing