

ABSTRAK

Sri Yanti Wulandari (2026) Asuhan Keperawatan Pada Klien Hipertensi Dengan Masalah Keperawatan Nyeri Akut di RSUD Arifin Achmad Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Riau, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau, Pembimbing (I) Ns. Yoza Misra Fatmi, M.Kep, Sp.Kep.M.B., (II) Ns. Nia Khusniyati, M.Kep, Sp.Kep.M.B

Hipertensi merupakan kondisi peningkatan tekanan darah yang dapat menyebabkan berbagai komplikasi serius apabila tidak terkontrol. Salah satu masalah keperawatan yang sering dialami pasien hipertensi adalah nyeri akut yang ditandai dengan nyeri kepala atau tengkuk akibat peningkatan tekanan darah. Studi kasus ini bertujuan untuk menggambarkan pelaksanaan asuhan keperawatan pada klien hipertensi dengan masalah keperawatan nyeri akut di RSUD Arifin Achmad Pekanbaru. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Subjek studi kasus adalah satu orang klien berusia 63 tahun dengan diagnosis medis hipertensi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Hasil pengkajian menunjukkan klien mengeluh nyeri tengkuk yang menjalar ke kepala dengan skala nyeri 5, tekanan darah 199/77 mmHg, tampak meringis, gelisah, dan sulit tidur. Diagnosis keperawatan yang ditegakkan adalah nyeri akut berhubungan dengan agen pencedera fisiologis. Intervensi yang diberikan meliputi manajemen nyeri, pemantauan tanda vital, teknik relaksasi napas dalam, distraksi, edukasi diet rendah garam dan rendah lemak, serta kolaborasi pemberian antihipertensi. Setelah dilakukan tindakan keperawatan selama 3×24 jam, skala nyeri menurun menjadi 2 dan tekanan darah menurun menjadi 160/90 mmHg. Kesimpulan studi kasus ini menunjukkan bahwa asuhan keperawatan yang komprehensif dapat membantu menurunkan intensitas nyeri dan memperbaiki kondisi klien hipertensi.

Kata Kunci: Hipertensi, Nyeri Akut, Asuhan Keperawatan.

ABSTRACT

Sri Yanti Wulandari (2026). Nursing Care for a Client with Hypertension and Acute Pain Nursing Problem at Arifin Achmad Regional General Hospital Pekanbaru. Scientific Writing (Case Study), Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor I: Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B.; Supervisor II: Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B.

Hypertension is a condition characterized by increased blood pressure that can lead to various serious complications if left uncontrolled. One of the nursing problems commonly experienced by hypertensive patients is acute pain caused by increased blood pressure affecting cerebral circulation. This case study aimed to describe the implementation of nursing care for a client with hypertension experiencing acute pain at Arifin Achmad Regional General Hospital, Pekanbaru. This study used a descriptive case study design with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of this case study was a 63-year-old client diagnosed with hypertension and experiencing acute pain. Data were collected through interviews, observations, physical examinations, and medical record documentation. The assessment results showed that the client complained of neck pain radiating to the head for two days before hospitalization, with a pain scale of 5 (moderate), blood pressure of 199/77 mmHg, pulse rate of 138 beats per minute, grimacing facial expressions, restlessness, and sleep disturbances. The nursing diagnosis established was acute pain related to physiological injury agents. Interventions included pain management, vital sign monitoring, deep breathing relaxation techniques, distraction techniques, environmental modification, education on a low-salt and low-fat diet, and collaboration in administering antihypertensive therapy. After three days of nursing care, the pain scale decreased from 5 to 2, blood pressure decreased to 160/90 mmHg, and the client appeared calmer. The conclusion of this case study indicates that the implementation of nursing care through pain management and collaborative therapy was effective in reducing pain intensity and helping control blood pressure in hypertensive clients. Therefore, comprehensive nursing interventions should continue to be implemented to improve the quality of life of patients with hypertension.

Keywords: Hypertension, Acute Pain, Nursing Care, Pain Management.