

ABSTRAK

Sri Wulan Hasibuan (2026). Asuhan Keperawatan pada Lansia Hipertensi dengan Masalah Keperawatan Nyeri Akut di Wilayah Puskesmas Melur Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Dr. Ibnu Rusdi, SKp., M.Kes (II) Ns. Ardenny., S.Kep., M.Kep

Hipertensi adalah suatu kondisi yang ditandai tekanan darah dalam pembuluh darah mencapai $\geq 140/90$ mmHg dan disertai dengan keluhan nyeri pada kepala. Jumlah penderita hipertensi di Puskesmas Melur (2025) sebanyak 62 kasus. Salah satu teknik nonfarmakologis yang dilakukan yaitu Senam Hipertensi. **Tujuan** penelitian ini adalah memperoleh pengalaman nyata dalam memberikan asuhan keperawatan pada lansia hipertensi dengan masalah keperawatan nyeri akut di Puskesmas Melur Kota Pekanbaru. **Metode** yang digunakan dalam penelitian ini adalah deskriptif dengan pendekatan studi kasus, melibatkan satu subjek penelitian melalui proses asuhan keperawatan meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, evaluasi, dengan pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. **Hasil** penelitian yang dilakukan selama lima hari menunjukkan terjadi perubahan intensitas nyeri pada Ny.A, dari skala 6 menjadi skala 2. Kesimpulan dalam penelitian ini menunjukkan bahwa pemberian asuhan keperawatan efektif dalam membantu mengurangi nyeri akut. Saran bagi peneliti selanjutnya diharapkan dapat mengembangkan penelitian mengenai asuhan keperawatan pada lansia hipertensi.

Kata Kunci: Asuhan Keperawatan, Hipertensi, Nyeri Akut

ABSTRACT

Sri Wulan Hasibuan (2026). *Nursing Care for Elderly Patients with Hypertension with Acute Pain Nursing Problems at the Melur Community Health Center, Pekanbaru City. Scientific Paper: Case Study, DIII Nursing Study Program, Pekanbaru, Department of Nursing, Health Polytechnic, Ministry of Health, Riau. Supervisors: (1) Dr. Ibnu Rusdi, SKp., M.Kes (II) Ns. Ardenny., S.Kep., M.Kep.*

Hypertension is a medical condition characterized by increased blood pressure in the blood vessels reaching $\geq 140/90$ mmHg and is often accompanied by complaints of sudden headaches and neck pain. The number of hypertension sufferers at the Melur Community Health Center (2025) was 62 cases. One non-pharmacological technique with minimal side effects for pain relief is Hypertension Exercise. The purpose of this study was to obtain a general overview or real-life experience in providing nursing care to elderly patients with hypertension and acute pain at the Melur Community Health Center in Pekanbaru City. The method used in this study was descriptive with a case study approach, involving one research subject through the nursing care process, including assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observation, physical examination, and documentation. The results of the five-day study showed significant changes in Mrs. A, marked by a decrease in pain intensity from a scale of 6 to a scale of 2. The conclusion of this study indicates that the provision of nursing care is effective in helping reduce acute pain in hypertensive clients. Recommendations for future researchers include developing research on nursing care for hypertensive clients with acute pain.

Keywords: *Nursing Care, Hypertension, Acute Pain*