

ABSTRAK

Abdulhaq (2026). Asuhan Keperawatan pada Lansia Hipertensi dengan Masalah Nyeri Kronis di Wilayah Kerja Puskesmas Simpang Tiga. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Ardenny, S.Kep., M.Kep (II) Dr. Ibnu Rusdi, S.Kp., M.Kes. Penguji (I) Ns. Syafrisar Meri Agritubella, M.Kep (II) Dr. Ns. Dewi Sartika, M.Kep

Latar Belakang: Proses penuaan alami mengakibatkan penurunan fungsi fisiologis yang memicu hipertensi. Peningkatan tekanan darah memicu gangguan sirkulasi dan tekanan vaskular serebral, sehingga menimbulkan keluhan nyeri kronis berupa sakit kepala serta tengkuk terasa berat. Pendekatan non-farmakologis sangat diperlukan untuk mengontrol tekanan darah dan nyeri penderita. **Tujuan:** Menggambarkan pelaksanaan asuhan keperawatan pada lansia hipertensi dengan masalah nyeri kronis di Puskesmas Simpang Tiga Pekanbaru. **Metode:** Studi kasus deskriptif dengan pendekatan proses keperawatan pada satu lansia (Ny. S, 61 tahun) selama empat hari perawatan pada April 2026. **Hasil:** Pengkajian awal menunjukkan Ny. S mengeluh nyeri berdenyut di kepala menjalar ke tengkuk dengan skala 6, tampak meringis, gelisah, dan tekanan darah 165/112 mmHg. Diagnosis yang ditegakkan adalah nyeri kronis berhubungan dengan penekanan saraf (peningkatan tekanan vaskuler serebral). Implementasi dilakukan melalui manajemen nyeri kombinasi terapi non-farmakologis (relaksasi napas dalam, dan kompres hangat) serta edukasi diet rendah natrium. Evaluasi akhir menunjukkan skala nyeri menurun signifikan menjadi 1, ekspresi wajah rileks, dan tekanan darah stabil pada 120/89 mmHg. **Kesimpulan:** Manajemen nyeri melalui integrasi berbagai terapi non-farmakologis dapat menurunkan intensitas nyeri kronis dan membantu menstabilkan tekanan darah lansia hipertensi.

Kata kunci: Asuhan Keperawatan, Hipertensi, Lansia, Nyeri Kronis

ABSTRACT

Abdulhaq (2026). *Nursing Care for Elderly Hypertension Patients with Chronic Pain Issues in the Working Area of Simpang Tiga Health Center. Case Study Scientific Papers, Diploma III Program in Nursing Pekanbaru, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisors (I) Ns. Ardenny, S.Kep., M.Kep (II) Dr. Ibnu Rusdi, S.Kp., M.Kes. Examiners (I) Ns. Syafrisar Meri Agritubella, M.Kep (II) Dr. Ns. Dewi Sartika, M.Kep.*

Background: The natural aging process leads to a decline in physiological function, triggering hypertension. Persistently elevated blood pressure disrupts blood circulation and increases cerebral vascular pressure, causing chronic pain presented as headaches and a heavy, stiff neck. Non-pharmacological approaches are essential to control blood pressure and alleviate pain. **Objective:** To describe the implementation of nursing care for an elderly hypertension patient experiencing chronic pain in the working area of Simpang Tiga Health Center, Pekanbaru. **Methods:** A descriptive case study using a nursing process approach was conducted on an elderly subject (Mrs. S, 61 years old) during a four-day care period in April 2026. **Results:** Initial assessment showed that Mrs. S complained of throbbing headaches radiating to the neck with a pain scale of 6, appearing grimaced and anxious, with blood pressure reaching 165/112 mmHg. The established nursing diagnosis was chronic pain related to nerve compression (increased cerebral vascular pressure). Implementations included pain management through a combination of non-pharmacological therapies (deep breathing relaxation, warm neck compresses, and back massages) alongside low-sodium diet education. Final evaluation revealed a significant decrease in the pain scale to 1, a relaxed facial expression, and stabilized blood pressure at 120/89 mmHg. **Conclusion:** Pain management through the integration of various non-pharmacological therapies can reduce the intensity of chronic pain and help stabilize blood pressure in elderly patients with hypertension..

Keywords: Chronic Pain,, Elderly, Hypertension, Nursing Care,