

## ABSTRAK

Devyanti Octarani Putri Daulay (2026) Asuhan Keperawatan pada Klien Hipertensi dengan Masalah Keperawatan Nyeri Akut di RSUD Bangkinang. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan, Poltekkes Kemenkes Riau. Pembimbing I : Ns. Wiwiek Delvira, S.Kep., M.Kep. pembimbing II : Ns. Erni Forwaty, S.Kep., M.Kep.

Hipertensi merupakan penyakit tidak menular yang sering menimbulkan keluhan nyeri akut pada daerah kepala atau tengkuk akibat peningkatan tekanan darah. **Tujuan** studi kasus ini adalah menggambarkan asuhan keperawatan pada klien hipertensi dengan masalah keperawatan nyeri akut di RSUD Bangkinang. **Metode** yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek studi adalah seorang klien hipertensi yang mengalami nyeri akut. **Hasil** pengkajian menunjukkan klien mengeluh nyeri pada daerah tengkuk dengan skala nyeri 6 (sedang), nyeri berdenyut hilang timbul selama 3–5 menit, tampak meringis, gelisah, sulit tidur, serta memiliki tekanan darah 178/95 mmHg. Diagnosis keperawatan yang ditegakkan adalah nyeri akut berhubungan dengan agen pencedera fisiologis. Intervensi yang diberikan berupa manajemen nyeri melalui observasi karakteristik nyeri, pemantauan tanda vital, pemberian teknik nonfarmakologis, edukasi, serta kolaborasi terapi farmakologis. Setelah dilakukan tindakan keperawatan, terjadi penurunan intensitas nyeri, klien tampak lebih nyaman, dan kondisi umum membaik. Asuhan keperawatan yang komprehensif dapat membantu mengurangi nyeri akut pada klien hipertensi.

Kata Kunci : Hipertensi, Nyeri Akut, Asuhan Keperawatan, Manajemen Nyeri.

## **ABSTRACT**

Devyanti Octarani Putri Daulay (2026) Nursing Care for Hypertensive Clients with Acute Pain as a Nursing Problem at Bangkinang Regional General Hospital. Scientific Case Study, D-III Nursing Program, Riau Ministry of Health Polytechnic. First Advisor: Ns. Wiwiek Delvira, S.Kep., M.Kep. Second Advisor: Ns. Erni Forwaty, S.Kep., M.Kep.

Hypertension is a non-communicable disease that often causes acute pain in the head or neck due to increased blood pressure. The objective of this case study is to describe nursing care for a hypertensive client with acute pain as a nursing issue at Bangkinang General Hospital. The method used is a case study employing the nursing process approach, which includes assessment, diagnosis, intervention, implementation, and evaluation. The study subject is a hypertensive client experiencing acute pain. The assessment results showed that the client complained of pain in the nape area with a pain scale of 6 (moderate), throbbing pain that came and went for 3–5 minutes, grimacing, restlessness, difficulty sleeping, and a blood pressure of 178/95 mmHg. The nursing diagnosis established was acute pain related to a physiological injury agent. Interventions provided included pain management through observation of pain characteristics, monitoring of vital signs, application of non-pharmacological techniques, education, and collaboration on pharmacological therapy. Following the implementation of nursing interventions, there was a reduction in pain intensity, the client appeared more comfortable, and their general condition improved. Comprehensive nursing care can help reduce acute pain in hypertensive clients.

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