

ABSTRAK

Muthia Azzahrah (2026). Asuhan Keperawatan Pada Lansia Hipertensi Dengan Masalah Keperawatan Gangguan Rasa Nyaman 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. Masnun, SST., S.Kep., M.Biomed (II) Ns. Sari Anggela, M.Kep., Sp.Kep.A. Penguji (I) Ns. Magdalena, SST., S.Kep., M.Kes (II) Ns. Melly, SST., S.Kep., M.Kes

Latar Belakang: Hipertensi pada lansia akibat penurunan elastisitas pembuluh darah sering memicu keluhan fisik seperti nyeri kepala dan pusing yang berdampak pada masalah gangguan rasa nyaman. **Tujuan:** Penelitian ini bertujuan menerapkan asuhan keperawatan komprehensif pada lansia hipertensi dengan fokus pemenuhan kebutuhan rasa nyaman. **Metode:** Desain penelitian berupa studi kasus deskriptif dengan pendekatan asuhan keperawatan meliputi pengkajian hingga evaluasi. Subjek penelitian adalah lansia dengan diagnosis medis hipertensi di wilayah kerja Puskesmas Simpang Tiga Pekanbaru. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi selama lima hari kunjungan (9–13 April 2026). **Hasil:** Pengkajian awal menunjukkan klien mengeluhkan pusing dan kaku tengkuk disertai peningkatan tekanan darah. Diagnosis keperawatan yang ditegakkan adalah gangguan rasa nyaman berhubungan dengan gejala penyakit. Intervensi yang dilakukan meliputi manajemen kenyamanan serta terapi non-farmakologis. Setelah implementasi selama lima hari, evaluasi menunjukkan keluhan subjektif menurun dan tekanan darah lebih terkontrol. **Kesimpulan:** Pendekatan asuhan keperawatan terstruktur efektif mengatasi masalah gangguan rasa nyaman pada lansia hipertensi. **Saran:** Disarankan bagi pihak puskesmas dan keluarga untuk dapat menjadi referensi ini sebagai inspirasi asuhan keperawatan pada lansia dengan gangguan rasa nyaman.

Kata Kunci: Asuhan Keperawatan, Lansia, Hipertensi, Gangguan Rasa Nyaman.

ABSTRACT

Muthia Azzahrah (2026). Nursing Care for Elderly Hypertension with Nursing Problems Discomfort Disorders in the Working Area of the Simpang Tiga Health Center. Scientific Paper Case Study, Pekanbaru Nursing DIII Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health, Riau. Supervisor (I) Ns. Masnun, SST., S.Kep., M.Biomed (II) Ns. Sari Anggela, M.Kep., Sp.Kep.A. Examiner (I) Ns. Magdalena, SST., S.Kep., M.Kes (II) Ns. Melly, SST., S.Kep., M.Kes

Background: Hypertension in the elderly due to decreased vascular elasticity often triggers physical complaints such as headaches and dizziness, leading to comfort impairment. **Objective:** This study aims to apply comprehensive nursing care to the elderly with hypertension focusing on fulfilling comfort needs. **Methods:** This descriptive case study utilized a nursing care approach from assessment to evaluation. The subject was an elderly client diagnosed with hypertension in the Simpang Tiga Public Health Center work area, Pekanbaru. Data were gathered through interviews, observations, physical examinations, and documentation over five days of home visits (April 9–13, 2026). **Results:** Initial assessment revealed complaints of dizziness and neck stiffness accompanied by elevated blood pressure. The nursing diagnosis established was comfort impairment related to disease symptoms. Interventions included comfort management and non-pharmacological therapies. Following a five-day implementation, evaluation demonstrated decreased subjective complaints and better-controlled blood pressure. **Conclusion:** A structured nursing care approach effectively resolves comfort impairment in elderly hypertensive patients. **Suggestion:** It is recommended for health centers and families to be able to use this reference as inspiration for nursing care for the elderly with a sense of comfort.

Keywords: Nursing Care, Elderly, Hypertension, Comfort Impairment.