

ABSTRAK

Asuhan Keperawatan Gerontik pada Pasien Hipertensi dengan Masalah Gangguan Rasa Aman Nyaman di Wilayah Kerja UPTD Puskesmas Pekan Heran

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Hipertensi merupakan salah satu penyakit kronis yang sering terjadi pada lansia dan dapat menimbulkan berbagai masalah kesehatan, salah satunya gangguan rasa aman nyaman. Lansia dengan hipertensi sering mengalami keluhan seperti sakit kepala, pusing, mudah lelah, gangguan tidur, dan rasa cemas yang dapat memengaruhi aktivitas sehari-hari. Penelitian ini bertujuan untuk mendeskripsikan asuhan keperawatan gerontik pada pasien hipertensi dengan masalah gangguan rasa aman nyaman di wilayah kerja UPTD Puskesmas Pekan Heran. Metode penelitian yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan. Subjek penelitian adalah satu orang lansia yang mengalami hipertensi dan gangguan rasa aman nyaman. Teknik pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Hasil studi kasus menunjukkan bahwa pasien mengalami gangguan rasa aman nyaman ditandai dengan keluhan sakit kepala, sulit tidur, lelah, gelisah, dan tekanan darah meningkat. Intervensi keperawatan yang diberikan meliputi pemantauan tanda-tanda vital, pemberian terapi relaksasi napas dalam, edukasi diet rendah garam, anjuran istirahat cukup, serta dukungan psikologis. Setelah dilakukan tindakan keperawatan selama enam hari kunjungan, kondisi pasien menunjukkan adanya penurunan keluhan sakit kepala, pasien tampak lebih rileks, kualitas tidur membaik, dan tekanan darah mulai menurun. Kesimpulan dari penelitian ini adalah asuhan keperawatan gerontik melalui terapi relaksasi, edukasi kesehatan, dan pemantauan kondisi pasien dapat membantu mengurangi gangguan rasa aman nyaman pada lansia dengan hipertensi. Diharapkan perawat dapat memberikan asuhan keperawatan secara komprehensif untuk meningkatkan kenyamanan dan kualitas hidup lansia hipertensi.

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

ABSTRACT

Gerontological Nursing Care for Patients with Hypertension Experiencing Comfort and Safety Disturbances in the Working Area of UPTD Pekan Heran Community Health Center

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Hypertension is one of the most common chronic diseases among the elderly and can cause various health problems, including disturbances in comfort and safety. Elderly individuals with hypertension often experience complaints such as headaches, dizziness, fatigue, sleep disturbances, and anxiety, which may affect their daily activities. This study aimed to describe gerontological nursing care for hypertensive patients with comfort and safety disturbances in the working area of UPTD Pekan Heran Community Health Center. The research method used was a descriptive case study with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of this study was an elderly patient experiencing hypertension and comfort and safety disturbances. Data were collected through interviews, observations, physical examinations, and documentation. The results of the case study showed that the patient experienced comfort and safety disturbances characterized by complaints of headaches, difficulty sleeping, fatigue, restlessness, and elevated blood pressure. Nursing interventions included monitoring vital signs, providing deep breathing relaxation therapy, educating the patient on a low-sodium diet, encouraging adequate rest, and providing psychological support. After six days of nursing care, the patient's condition showed improvement, including a reduction in headache complaints, a more relaxed appearance, improved sleep quality, and decreased blood pressure. The study concludes that gerontological nursing care through relaxation therapy, health education, and continuous patient monitoring can help reduce comfort and safety disturbances in elderly patients with hypertension. Nurses are expected to provide comprehensive nursing care to improve the comfort and quality of life of elderly individuals with hypertension.

Keywords: Nursing Care, Hypertension, Elderly, Disturbance of Sense of Safety and Comfort