

ABSTRAK

Adelia Wahyu Rezeki (2026). Asuhan Keperawatan pada Lansia Gastritis dengan Masalah Keperawatan Gangguan Pola Tidur di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi Diploma III Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing: (I) Ns. Hj. Rusherina, S.Pd., S.Kep., M.Kes (II) Ns. Idayanti, S.Pd., S.Kep., M.Kes.

Gastritis merupakan peradangan mukosa lambung yang sering dialami lansia akibat penurunan fungsi pencernaan seiring penuaan dan dapat memicu gangguan pola tidur yang menurunkan kualitas hidup. **Tujuan:** Memberikan gambaran asuhan keperawatan pada lansia gastritis yang mengalami gangguan pola tidur di wilayah kerja Puskesmas Simpang Tiga Pekanbaru. **Metode:** Deskriptif dengan pendekatan studi kasus pada satu subjek, yaitu Ny. E berusia 65 tahun, melalui pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan. **Hasil:** Klien mengalami gangguan pola tidur dengan durasi tidur hanya 3–4 jam per malam akibat nyeri epigastrium. Setelah dilakukan asuhan keperawatan selama empat hari menggunakan teknik relaksasi napas dalam, terapi musik relaksasi, modifikasi lingkungan tidur, edukasi kesehatan, serta kolaborasi farmakologis (Omeprazole 20 mg dan Antasida), terjadi perbaikan signifikan berupa peningkatan durasi tidur menjadi 6–7 jam per malam dan penurunan nyeri epigastrium. **Kesimpulan:** Kombinasi intervensi keperawatan non-farmakologis dan farmakologis terbukti efektif mengatasi gangguan pola tidur pada lansia dengan gastritis. **Saran:** Puskesmas diharapkan meningkatkan program edukasi dan deteksi dini kesehatan lansia, serta peneliti selanjutnya disarankan untuk memperluas jumlah subjek penelitian guna memperoleh hasil yang lebih representatif.

Kata Kunci: Asuhan Keperawatan, Gastritis, Gangguan Pola Tidur, Lansia, Puskesmas

ABSTRACT

Adelia Wahyu Rezeki (2026). Nursing Care for the Elderly with Gastritis and Sleep Pattern Disturbance in the Working Area of Simpang Tiga Community Health Center Pekanbaru. Scientific Paper Case Study, Diploma III Nursing Study Program Pekanbaru, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Hj. Rusherina, S.Pd., S.Kep., M.Kes (II) Ns. Idayanti, S.Pd., S.Kep., M.Kes.

*Gastritis is an inflammation of the gastric mucosa commonly experienced by the elderly due to declining digestive function during the aging process, which can trigger sleep pattern disturbances and reduce quality of life. **Objective:** To describe the nursing care provided to elderly patients with gastritis experiencing sleep pattern disturbances in the working area of Simpang Tiga Community Health Center Pekanbaru. **Methods:** A descriptive case study approach was applied to one subject, Mrs. E, aged 65 years, through the stages of assessment, diagnosis, intervention planning, implementation, and evaluation. **Results:** The patient experienced sleep pattern disturbances with a sleep duration of only 3–4 hours per night due to epigastric pain. After four days of nursing care using deep breathing relaxation techniques, relaxation music therapy, sleep environment modification, health education, and pharmacological collaboration (Omeprazole 20 mg and Antacid), significant improvement was achieved with sleep duration increasing to 6–7 hours per night and reduction of epigastric pain. **Conclusion:** A combination of non-pharmacological and pharmacological nursing interventions was proven effective in managing sleep pattern disturbances in elderly patients with gastritis. **Recommendation:** Community health centers are encouraged to strengthen elderly health education and early detection programs, and future researchers are advised to increase the number of research subjects for more representative results.*

Keywords: Nursing Care, Gastritis, Sleep Pattern Disturbance, Elderly, Community Health Center