

ABSTRAK

Noprida Simorangkir (2026). *Asuhan Keperawatan pada Lansia Hipertensi di UPT PSTW Husnul Khotimah*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Poltekkes Kemenkes Riau. Pembimbing (I) Husnan, S.Kp., MKM, Pembimbing (II) Ns. Usraleli, S.Kep., M.Kep.

Latar Belakang: Hipertensi merupakan salah satu penyakit kronis yang sering terjadi pada lansia dan dapat menimbulkan masalah fisik maupun psikologis. Salah satu masalah yang sering muncul adalah nyeri kronis dan keputusan yang dapat memengaruhi kualitas hidup lansia. **Tujuan Penelitian:** mendeskripsikan bagaimana Asuhan Keperawatan pada Lansia Hipertensi di UPT PSTW Husnul Khotimah. **Metode Penelitian:** Penelitian ini menggunakan metode studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosa keperawatan, intervensi, implementasi, dan evaluasi. Asuhan keperawatan dilakukan selama 4 hari pada satu orang lansia (Ny. R) perempuan berusia 79 tahun dengan diagnosis medis hipertensi. **Hasil Penelitian:** Hasil pengkajian menunjukkan klien mengalami sakit kepala dan rasa berat pada tengkuk dengan skala nyeri 6, tekanan darah 150/90 mmHg, menunjukkan perasaan sedih, kurang bersemangat, serta merasa hidup kurang berarti. Diagnosa keperawatan yang ditegakkan adalah nyeri kronis dan keputusan. Setelah diberikan intervensi berupa manajemen nyeri dan dukungan emosional selama 4 hari dengan hasil tingkat nyeri berkurang menjadi skala 4, tekanan darah 131/80 mmHg dan harapan hidup meningkat. **Kesimpulan:** Asuhan keperawatan yang komprehensif dapat membantu menurunkan keluhan nyeri dan meningkatkan kondisi psikologis pada lansia dengan hipertensi. **Saran:** Kepatuhan klien diharapkan meningkat terhadap pola makan sehat, termasuk membatasi konsumsi garam sesuai anjuran, serta menerapkan gaya hidup sehat untuk mendukung kondisi kesehatan yang optimal.

Kata Kunci: Hipertensi, Lansia, Nyeri Kronis, Keputusan.

ABSTRACT

Noprida Simorangkir (2026). Nursing Care for Elderly Patients with Hypertension at UPT PSTW Husnul Khotimah. Case Study Scientific Paper, Diploma III Nursing Study Program, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Husnan, S.Kp., MKM, Supervisor (II) Ns. Usraleli, S.Kep., M.Kep.

Background: Hypertension is one of the chronic diseases commonly experienced by older adults and may cause both physical and psychological problems. Chronic pain and hopelessness are among the most common issues that can affect the quality of life of elderly individuals. **Objective:** To describe nursing care for elderly patients with hypertension at UPT PSTW Husnul Khotimah. **Methods:** This study employed a case study method using the nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. Nursing care was provided for four days to an elderly patient (Mrs. R), a 79-year-old woman with a medical diagnosis of hypertension. **Results:** The assessment revealed that the patient experienced headaches and a feeling of heaviness in the neck with a pain scale of 6, blood pressure of 150/90 mmHg, feelings of sadness, lack of enthusiasm, and a perception that life was less meaningful. The nursing diagnoses established were chronic pain and hopelessness. After receiving interventions consisting of pain management and emotional support for four days, the patient's pain level decreased to a scale of 4, blood pressure decreased to 131/80 mmHg, and her sense of hope improved. **Conclusion:** Comprehensive nursing care can help reduce pain complaints and improve the psychological condition of elderly patients with hypertension. **Recommendation:** It is hoped that elderly people will increase their adherence to healthy eating patterns, including limiting salt intake according to recommendations, and adopting a healthy lifestyle to support optimal health conditions.

Keywords: Hypertension, Elderly, Chronic Pain, Hopelessness.