

ABSTRAK

Annisa Zulhafifa (2026). Asuhan Keperawatan Pada Pasien Hipertensi Dengan Masalah Keperawatan Nyeri Akut : Di RSUP Dr. M Djamil Padang, Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. *Pembimbing: (1) Ns.Idayanti, S.Pd., S.Kep., M.Kes, (2) H. R. Saknani, SKM., M.Kes.*

Hipertensi adalah peningkatan abnormal tekanan darah sistolik >140 mmHg dan diastolik >90 mmHg. Dampak peningkatan tekanan vaskular serebral memicu keluhan nyeri akut berupa sakit kepala hebat. Penelitian ini bertujuan memperoleh gambaran nyata asuhan keperawatan hipertensi dengan masalah nyeri akut di RSUP Dr. M. Djamil Padang. Metode penelitian menggunakan studi kasus deskriptif dengan pendekatan proses keperawatan komprehensif. Hasil pengkajian pada Tn. E dengan hipertensi tidak terkontrol menunjukkan keluhan nyeri kepala berdenyut berskala 8 dari 10. Setelah diberikan intervensi manajemen nyeri melalui kolaborasi terapi farmakologis pemberian analgetik dan obat antihipertensi parenteral *Nitrogliserin* (NTG), yang dipadukan dengan terapi nonfarmakologis kompres hangat pada tengkuk, skala nyeri menurun hingga mencapai 0 (bebas nyeri) serta tekanan darah menjadi stabil terkontrol (124/80 mmHg). Kesimpulan penelitian menunjukkan pelaksanaan asuhan keperawatan yang adekuat efektif menurunkan intensitas nyeri serta membantu mengendalikan status hemodinamik pasien. Oleh karena itu, diharapkan perawat dapat terus meningkatkan kualitas asuhan keperawatan secara komprehensif melalui penerapan teknik nonfarmakologi dan edukasi kesehatan berkelanjutan, serta didukung oleh peningkatan standar pelayanan rumah sakit dalam mengoptimalkan terapi nonfarmakologi tersebut sebagai terapi pendukung medis.

Kata Kunci: Asuhan Keperawatan, Hipertensi, Nyeri Akut, Terapi Farmakologis, Kompres Hangat.

ABSTRACT

Annisa Zulhafifa (2026). Nursing Care for Hypertensive Patients with Acute Pain Nursing Problems: At Dr. M Djamil Padang General Hospital, Scientific Paper Case Study, DIII Nursing Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisors: (1) Ns.Idayanti, S.Pd., S.Kep., M.Kes, (2) H. R. Sakhnan, SKM., M.Kes.

Hypertension is an abnormal increase in systolic blood pressure >140 mmHg and diastolic >90 mmHg. The impact of increased cerebral vascular pressure triggers acute pain complaints in the form of severe headaches. This study aims to obtain a real picture of hypertension nursing care with acute pain problems at Dr. M. Djamil Padang General Hospital. The research method uses a descriptive case study with a comprehensive nursing process approach. The results of the assessment on Mr. E with uncontrolled hypertension showed complaints of throbbing headaches on a scale of 8 out of 10. After being given pain management interventions through collaborative pharmacological therapy administering analgesics and parenteral antihypertensive drugs Nitroglycerin (NTG), combined with non-pharmacological therapy of warm compresses on the nape of the neck, the pain scale decreased to 0 (pain-free) and blood pressure became stable and controlled (124/80 mmHg). The conclusion of the study shows that the implementation of adequate nursing care is effective in reducing pain intensity and helping control the patient's hemodynamic status. Therefore, it is hoped that nurses can continue to improve the quality of nursing care comprehensively through the application of non-pharmacological techniques and ongoing health education, and supported by improving hospital service standards in optimizing non-pharmacological therapy as a medical support therapy.

Keywords: Nursing Care, Hypertension, Acute Pain, Pharmacological Therapy, Warm Compress.