

ABSTRAK

Lisa Asnelly (2026). Asuhan Keperawatan Pada Klien Hipertensi Dengan Masalah Nyeri Akut Di RSUD Achmad Mochtar Bukittinggi. Karya Tulis Ilmiah Studi Kasus Asuhan Keperawatan, Program Studi D-III Keperawatan, Politeknik Kesehatan Kementerian Kesehatan Riau. Pembimbing (I) Ns. Nia Khusniyati, M.Kep.,Sp.Kep.M.B (II) Ns. Yoza Misra Fatmi, M.Kep.,Sp.Kep.M.B

Pendahuluan: Hipertensi merupakan penyakit tidak menular yang ditandai dengan peningkatan tekanan darah dan dapat menimbulkan berbagai komplikasi. Salah satu masalah keperawatan yang sering muncul pada pasien hipertensi adalah nyeri akut. Studi kasus ini bertujuan untuk menggambarkan pelaksanaan asuhan keperawatan pada pasien hipertensi dengan masalah keperawatan nyeri akut di RSUD Dr. Achmad Mochtar Bukittinggi. **Metode:** Studi kasus ini menggunakan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Studi kasus dilakukan pada tanggal 29 maret -1 April 2026 selama 4 hari pada seorang pasien perempuan berusia 43 tahun dengan diagnosis medis hipertensi dan masalah keperawatan nyeri akut. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. **Hasil:** Pengkajian menunjukkan pasien mengeluh nyeri pada bagian belakang kepala dengan skala nyeri 6, terasa seperti ditusuk-tusuk, hilang timbul, dan mengganggu istirahat. Diagnosis keperawatan yang ditegakkan adalah nyeri akut berhubungan dengan agen pencedera fisiologis. Intervensi yang diberikan meliputi manajemen nyeri, pemantauan tanda vital, teknik relaksasi tarik napas dalam, edukasi, dan kolaborasi terapi farmakologis. Setelah dilakukan implementasi selama tiga hari, skala nyeri menurun dari 5 menjadi 2, pasien tampak lebih rileks, gelisah berkurang dan kemampuan istirahat meningkat. **Kesimpulan:** Asuhan keperawatan melalui manajemen nyeri dan teknik relaksasi tarik napas dalam dapat membantu menurunkan intensitas nyeri pada pasien hipertensi dengan masalah keperawatan nyeri akut. **Saran:** Diharapkan pasien dan keluarga dapat melanjutkan tindakan yang telah diajarkan untuk membantu mengurangi nyeri dan mendukung proses pemulihan.

Kata Kunci: Hipertensi, Nyeri Akut, Relaksasi Tarik Napas Dalam.

ABSTRACT

Lisa Asnelly (2026). *Nursing Care for a Hypertensive Patient with Acute Pain Problems at Dr. Achmad Mochtar Regional General Hospital, Bukittinggi. Scientific Paper of Nursing Care Case Study, Diploma III Nursing Study Program, Health Polytechnic of the Ministry of Health of Riau.* Supervisor (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B and Supervisor (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B.

Introduction: Hypertension is a non-communicable disease characterized by elevated blood pressure and may lead to various complications. One of the most common nursing problems experienced by patients with hypertension is acute pain. This case study aimed to describe the implementation of nursing care for a hypertensive patient with an acute pain nursing problem at Dr. Achmad Mochtar Regional General Hospital, Bukittinggi. **Methods:** This case study employed the nursing process approach, which includes assessment, nursing diagnosis, intervention, implementation, and evaluation. The study was conducted from March 29 to April 1, 2026, over a period of four days, involving a 43-year-old female patient with a medical diagnosis of hypertension and a nursing problem of acute pain. Data were collected through interviews, observation, physical examination, and documentation. **Results:** The assessment revealed that the patient complained of pain in the back of the head with a pain scale of 6, described as stabbing, intermittent, and interfering with rest. The nursing diagnosis established was acute pain related to physiological injury agents. The interventions provided included pain management, vital sign monitoring, deep breathing relaxation techniques, health education, and collaborative pharmacological therapy. After three days of implementation, the patient's pain scale decreased from 5 to 2, the patient appeared more relaxed, and the ability to rest improved. **Conclusion:** Nursing care through pain management and deep breathing relaxation techniques can help reduce pain intensity in hypertensive patients experiencing acute pain nursing problems. **Advice:** Patients and their families are expected to continue the interventions that have been taught to help reduce pain and support the recovery process.

Keywords: Hypertension, Acute Pain, Deep Breathing Relaxation Technique.