

ABSTRAK

Muhammad Irfan (2026). Asuhan Keperawatan pada Pasien Hipertensi dengan Masalah Keperawatan Nyeri Akut Di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) R. Sakhnan, SKM, M.Kes (II) Husnan, S.Kp., MKM.

Latar Belakang : Hipertensi adalah kondisi ketika seseorang mengalami lonjakan tekanan darah melebihi batas normal, yaitu tekanan darah sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg saat dilakukan pengukuran tekanan darah.

Tujuan : Untuk menggambarkan asuhan keperawatan pada pasien hipertensi dengan masalah keperawatan nyeri akut di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru.

Metode : Penelitian ini menggunakan pendekatan deskriptif dengan metode studi kasus 1 subyek. Pengumpulan data melalui wawancara, observasi dan pemeriksaan fisik, dan studi dokumentasi. Implementasi dilakukan selama empat hari sesuai dengan rencana tindakan keperawatan yang telah disusun, meliputi pengkajian, diagnosis, intervensi, implementasi dan evaluasi. **Hasil :** Hasil asuhan keperawatan menunjukkan adanya penurunan skala nyeri setelah dilakukan intervensi manajemen nyeri menunjukkan berkurangnya keluhan nyeri kepala, penurunan rasa pusing, mual, dan ekspresi wajah meringis yang mulai menghilang, serta pasien mampu mengikuti dan mempraktikkan teknik relaksasi otot progresif dalam yang diajarkan secara mandiri. Pemberian edukasi kesehatan juga meningkatkan pemahaman pasien mengenai hipertensi. **Kesimpulan :** Asuhan keperawatan melalui manajemen nyeri, teknik relaksasi otot progresif dan edukasi kesehatan dapat menurunkan tingkat nyeri. **Saran :** Diharapkan pada pasien dan keluarga untuk melakukan teknik relaksasi otot progresif saat nyeri muncul, menjaga pola hidup sehat, mengontrol tekanan darah secara rutin.

Kata kunci : Asuhan Keperawatan, Hipertensi, Nyeri Akut, Skala Nyeri, Edukasi kesehatan.

ABSTRACT

Muhammad Irfan (2026). Nursing Care for Hypertension Patients with Acute Pain Nursing Problems in the Working Area of the Simpang Tiga Health Center, Pekanbaru City. Scientific Paper Case Study, DIII Nursing Study Program, Health Polytechnic of the Ministry of Health, Riau. Supervisor (I) R. Sakhnan, SKM, M.Kes (II) Husnan, S.Kp., MKM.

Background: Hypertension is a condition when a person experiences a spike in blood pressure beyond normal limits, namely systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg when blood pressure is measured. **Objective :** This study aimed to describe nursing care provided to a patient with hypertension who experienced acute pain in the Working Area of Simpang Tiga Public Health Center, Pekanbaru City. **Methods:** This study used a descriptive approach with a single-subject case study design. Data were collected through interviews, observations, physical examinations, and documentation reviews. Nursing care was implemented for four days according to the planned nursing interventions, including assessment, nursing diagnosis, intervention, implementation, and evaluation. **Results:** The results of nursing care showed a decrease in the pain scale following the implementation of pain management interventions, as evidenced by reduced complaints of headaches, decreased dizziness and nausea, and the gradual disappearance of facial grimacing. In addition, the patient was able to follow and independently practice the progressive muscle relaxation technique that had been taught. Health education also improved the patient's understanding of hypertension. **Conclusion:** Nursing care through pain management, progressive muscle relaxation techniques and health education can reduce pain levels. **Suggestion:** It is expected in patients and families to perform progressive muscle relaxation techniques when pain appears, maintain a healthy lifestyle, control blood pressure regularly.

Keywords: Nursing Care, Hypertension, Acute Pain, Pain Scale, Health Education