

# **STUDI KASUS : ASUHAN KEPERAWATAN PADA PASIEN DENGAN HIPERTENSI DI KAMPUNG SASAK KELURAHAN LIMO KOTA DEPOK**

**Nasyahwa Rifa R.A**

## **Abstrak**

**Latar belakang :** Hipertensi didefinisikan sebagai kenaikan tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg. Indikasi yang sangat lazim pada pasien hipertensi yaitu sakit kepala yang meluas ke leher. Berdasarkan Maslow, nyeri ialah kebutuhan biologis yang mesti cepat diatasi sebab apabila dibiarkan bisa menyebabkan masalah kesehatan lain semacam insomnia, depresiasi pergerakan fisik, dan masalah perawatan diri. Menurut data prevalensi hipertensi Organisasi Kesehatan Dunia tahun 2015, kira-kira 1,13 miliar penduduk di seluruh dunia terserang hipertensi. Di Indonesia, tekanan darah tinggi menjadi penyebab kematian sebanyak 427.218 kasus. **Metode :** penelitian ini mengambil metode studi kasus asuhan keperawatan pasien hipertensi pada tanggal 23 Februari hingga 01 Maret 2023. Data dikumpulkan melalui wawancara, observasi dan dokumentasi. **Hasil :** Diagnosa Keperawatan dalam kasus ini yaitu nyeri akut berhubungan dengan agen pencedera fisiologis (Hipertensi). Intervensi keperawatan yang dilakukan meliputi kenali daerah, ciri, lamanya, kecepatan, kualitas nyeri, kenali skala nyeri, kenali apa saja hal-hal yang memperberat dan memperingan nyeri, beri pengobatan non obat buat menghilangkan nyeri, kendalikan kondisi yang memicu nyeri, ajarkan teknik metode non obat untuk hilangkan rasa sakit (teknik relaksasi nafas dalam). Implementasi keperawatan didasarkan pada intervensi keperawatan yang ditetapkan dan melakukan evaluasi keperawatan. Selama waktu 3x24 jam, masalah nyeri akut dapat teratasi. Kesimpulan : asuhan keperawatan yang diberikan pada pasien hipertensi dapat teratasi dibuktikan dengan berkurangnya skala nyeri dengan skala 2 serta pasien mampu mengimplementasikan secara mandiri tindakan untuk mengurangi nyeri yang sudah diajarkan oleh perawat.

**Kata Kunci :** Hipertensi, Nyeri akut, Asuhan Keperawatan

# CARE STUDY : NURSING CARE IN PATIENTS WITH HYPERTENSION IN LIMO VILLAGE, DEPOK CITY

Nasyahwa Rifa R.A

## Abstract

**Background :** Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic of more than 90 mmHg. The most common symptom in hypertensive patients is headache radiating to the neck. According to Maslow, pain is a physiological need that must be addressed immediately because if left unchecked it can cause other health problems such as insomnia, reduced physical mobility and self-care problems. The prevalence of hypertension according to WHO data for 2015 shows that around 1.13 billion people suffer from hypertension worldwide. In Indonesia, the death rate due to hypertension is 427,218 cases. **Methods:** this research was conducted using the case study method of nursing care in patients with hypertension from February 23 to March 1, 2023. Data collection was carried out through interviews, observation and documentation. **Result:** The nursing diagnosis in this case is that my pain is related to a physiological injury agent (hypertension). Nursing interventions carried out are identification of location, characteristics, duration, frequency, pain intensity, identification of pain scale, identification of factors that aggravate and relieve pain, provide non-pharmacological therapy to reduce pain, control the environment that aggravates pain, teach non-pharmacological techniques to reduce pain (deep breathing relaxation technique). Nursing implementation is carried out in accordance with established nursing interventions and carrying out nursing evaluations. Within 3x24 hours the problem of acute pain can be resolved. **Conclusion:** nursing care given to hypertensive patients can be resolved as evidenced by the reduced pain scale with a scale of 2 and the patient is able to independently implement actions to reduce pain that have been taught by nurses.

**Keywords:** Hypertension, Acute Pain, Nursing Care