

ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI INOVASI *PURSED LIP BREATHING* DAN *NUMBER COUNTING* PADA PASIEN DENGAN HIPERTENSI URGENSI DI IGD

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Abstrak

Hipertensi merupakan masalah yang sering diabaikan meskipun bisa terjadi pada sekitar sepertiga pasien yang dirujuk dan bahkan hingga setengah dari mereka sulit diobati. Terdapat dua jenis krisis hipertensi yaitu hipertensi urgensi dan hipertensi emergensi, yang mana hipertensi urgensi terjadi ketika tidak ada kerusakan organ akhir. Untuk mengatasi hal tersebut, sebuah intervensi inovatif menggunakan *Pursed Lip Breathing* dan *Number Counting* dilakukan untuk menganalisis efektivitasnya dalam menurunkan tekanan darah dan nadi pada pasien hipertensi urgensi di IGD. Setelah dilakukan intervensi sebanyak tiga kali, terjadi perubahan signifikan pada tekanan darah sistolik dan diastolik sebanyak 20 mmHg. Hasil analisis menunjukkan bahwa terapi *Pursed Lip Breathing* dan *Number Counting* memberikan perubahan yang bermakna pada tekanan darah dan nadi pasien hipertensi urgensi.

Kata kunci: **Hipertensi Urgensi, *Number Counting*, *Pursed Lip Breathing*, Tekanan Darah**

**ANALYSIS OF NURSING CARE WITH INNOVATIONAL
INTERVENTIONS PURSED LIP BREATHING AND
NUMBER COUNTING ON PATIENTS WITH
URGENCY HYPERTENSION IN
THE EMERGENCY ROOM**

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Abstract

Hypertension is a problem that is often overlooked, even though it can occur in around one-third of referred patients and even up to half of those who are difficult to treat. There are two types of hypertension crises, namely urgency hypertension and emergency hypertension, in which urgency hypertension occurs when there is no end organ damage. To address this issue, an innovative intervention using Pursed Lip Breathing and Number Counting was conducted to analyze its effectiveness in reducing blood pressure and pulse rate in patients with urgency hypertension in the emergency department. After three interventions, there was a significant change in systolic and diastolic blood pressure by 20 mmHg. The analysis results showed that Pursed Lip Breathing and Number Counting therapy provided significant changes in blood pressure and pulse rate for patients with urgency hypertension.

Keyword: Blood Pressure, Number Counting, Pursed Lip Breathing, Urgency Hypertension