

ASUHAN KEPERAWATAN LANSIA PADA NY. S DENGAN TERAPI SENAM HIPERTENSI DAN TEKNIK RELAKSASI NAFAS DALAM DI KELURAHAN PANCORAN MAS KOTA DEPOK

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Abstrak

Hipertensi pada lansia merupakan kondisi kronis akibat proses degeneratif dan gaya hidup yang memerlukan pendekatan terpadu, termasuk terapi nonfarmakologis, untuk mencegah komplikasi kardiovaskular. Studi kasus ini bertujuan mengkaji penerapan kombinasi senam hipertensi dan teknik relaksasi napas dalam sebagai intervensi keperawatan dalam mengendalikan tekanan darah serta meningkatkan kemandirian lansia. Penelitian deskriptif dengan pendekatan studi kasus ini dilakukan pada Ny. S (66 tahun) di Pancoran Mas pada Maret 2026. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Intervensi dilakukan selama tiga hari meliputi senam hipertensi, relaksasi napas dalam, dan edukasi media poster. Tingkat kemandirian diukur dengan Indeks Barthel. Pengkajian awal menunjukkan tekanan darah (TD) fluktuatif antara 140/80 mmHg hingga 150/70 mmHg. Pascaintervensi, TD menurun stabil dari rerata 130/83 mmHg menjadi 130/70 mmHg, dengan penurunan diastolik terbesar mencapai 13,3 mmHg. Skor Indeks Barthel menunjukkan kemandirian aktivitas harian yang baik. Klien juga mengalami peningkatan pemahaman dan kemampuan relaksasi mandiri. Kombinasi terapi senam hipertensi dan teknik relaksasi napas dalam efektif menstabilkan tekanan darah serta meningkatkan manajemen diri, sehingga potensial diterapkan sebagai terapi komplementer yang ekonomis dalam asuhan keperawatan gerontik

Kata kunci: hipertensi; lansia; teknik relaksasi napas dalam; terapi senam hipertensi; asuhan keperawatan gerontik

***NURSING CARE FOR AN ELDERLY PATIENT MRS. S WITH
HYPERTENSION EXERCISE THERAPY AND DEEP BREATHING
RELAXATION TECHNIQUE IN PANCORAN MAS SUBDISTRICT
DEPOK CITY***

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Abstract

Hypertension in elderly is a chronic condition driven by ageing and lifestyle factors, requiring integrated approaches, including non-pharmacological therapies, to prevent cardiovascular complications. This case study examines combined hypertension gymnastics and deep breathing relaxation techniques as a nursing intervention to control blood pressure (BP) and enhance independence in the elderly. A descriptive case study was conducted on Mrs S (66 years old) in Pancoran Mas in March 2026. Data were collected via interviews, observations, physical examinations, and documentation. The three-day intervention comprised hypertension gymnastics, deep breathing relaxation, and poster-based health education. Independence was measured using the Barthel Index. Initial assessments showed fluctuating BP between 140/80 mmHg and 150/70 mmHg. Post-intervention, BP stabilised from an average of 130/83 mmHg to 130/70 mmHg, with a peak diastolic reduction of 13.3 mmHg. The Barthel Index indicated good independence in activities of daily living. The client also demonstrated enhanced health understanding and deep breathing relaxation technique. Combining hypertension exercise therapy and deep breathing effectively stabilises BP and improves self-management, offering an economical complementary therapy for gerontological nursing care.

Keywords: *hypertension; elderly; deep breathing relaxation technique; hypertension exercise therapy; gerontological nursing*