

POLITEKNIK KESEHATAN TANJUNGPURING
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Mei 2021

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Asuhan Keperawatan Pasien dengan Gangguan Kebutuhan Rasa Aman Nyaman Terhadap Ny. Y pada Kasus *Hipertensi* di Kelurahan Tanjung Aman Kecamatan Kotabumi Selatan Tanggal 22-25 Maret 2021
xvi + 49 halaman , 10 tabel, 2 gambar dan 2 grafik

RINGKASAN

Menurut data dari *World Health Organization* (WHO) pada tahun 2019, menunjukkan sekitar 1,13 Miliar orang di dunia menyandang *hipertensi*. Prevalensi *hipertensi* di Indonesia pada tahun 2018 naik dari 25,8% menjadi 34,1% (Kementerian Kesehatan). Presentase *hipertensi* di Provinsi Lampung mengalami peningkatan dari 7,4 % menjadi 15,1% pada tahun 2018. Berdasarkan data Dinas Kesehatan Lampung Utara pada tahun 2018 kunjungan penderita *hipertensi* sebanyak 4.593 jiwa (10,8%), tahun 2019 sebanyak 4.673 jiwa (11%), dan tahun 2020 sebanyak 18.206 jiwa (16%). (Dinas Kesehatan Lampung Utara 2021). Sementara itu kunjungan pada penderita *Hipertensi* di Puskesmas Kotabumi II yaitu sebanyak sebanyak 3.040 jiwa (10,1%) pada Tahun 2018, tahun 2019 sebanyak 3.993 jiwa (11,3%), dan pada tahun 2020 sebanyak 1760 jiwa (11,4%) yang mengalami *hipertensi* (Puskesmas Kotabumi II 2021).

Tujuan Umum dari laporan tugas akhir ini memberikan gambaran asuhan keperawatan dengan gangguan aman dan nyaman pada kasus *hipertensi* terhadap Ny.Y di Kelurahan Tanjung Aman Kecamatan Kotabumi Selatan.

Rumusan masalah pada laporan ini adalah, bagaimana asuhan keperawatan pasien dengan gangguan aman dan nyaman terhadap Ny.Y pada kasus *hipertensi*.

Pengkajian pada kasus ini didapatkan data yaitu Ny. Y mengatakan sakit kepala, terasa berat di bagian belakang kepala skala nyeri 5 (0-10), pasien mengatakan mengalami kesulitan untuk tidur, tidur hanya 4-5 jam sehari, pasien mengatakan sulit mengontrol stress, dan pasien mengatakan tidak tahu banyak tentang penyakitnya. Diagnosa yang muncul adalah nyeri akut, gangguan pola tidur, defisit pengetahuan. Rencana tindakan keperawatan menggunakan label SLKI yaitu kontrol nyeri, tingkat nyeri, pola tidur, tingkat pengetahuan, SIKI yaitu manajemen nyeri, pemantauan tanda vital, dukungan tidur, edukasi kesehatan. Implementasi yang dilakukan sesuai dengan rencana tindakan yang telah disusun. Evaluasi yang didapatkan setelah tiga perawatan, 2 masalah teratasi yaitu defisit pengetahuan dan gangguan pola tidur dan untuk masalah teratasi sebagian yaitu nyeri akut.

Simpulan dari laporan tugas akhir ini tidak semua teori kasus *hipertensi* sesuai dengan kondisi pasien pada kenyataannya. Saran diharapkan untuk dapat memantau kesehatan pasien lebih optimal maka sebaiknya Puskesmas membuat jadwal kunjungan rumah khususnya pada masyarakat yang memiliki masalah kesehatan seperti *hipertensi*.

Kata kunci : Asuhan Keperawatan, *Hipertensi*, Gangguan Aman dan Nyaman
Sumber bacaan : 16 (2011-2021)

NURSING STUDY PROGRAM AT KOTABUMI HEALTH POLTEKKES OF
TANJUNGPURONG

Final Project Report, May 2021

Meilani Veronica,

Nursing Care of Patients with Disorders of Need for Comfort in the Case of
Hypertension on Ny. Y in the Kotabumi II Community Health Center Work Area
on March 22-25, 2021.

xvi + 49 pages, 10 tables, 2 pictures and 2 graphics

ABSTRACT

Hypertension is a condition in which a person experiences an increase in blood pressure above normal which causes an increase in morbidity and mortality. According to the World Health Organization (WHO), around the world around 972 million people or 26.4% have hypertension. The prevalence of hypertension in Indonesia through measurements at the age of 18 years is 25.8%. The prevalence of hypertension in Lampung Province is 8.4% of the population experiencing hypertension (Riskesdas, 2018). According to the North Lampung Health Office, in 2018 there were 3040 people, in 2019 there were 2,390, and in 2020 there were 18,206. Hypertension cases at the Kotabumi II Health Center in 2018 were 3,040 people, in 2019 there were 3,993 people, in 2020 there were 1,760 people (Medical Records). Kotabumi II Health Center, 2021).

The general objective of this final project report is to provide an overview of nursing care with impaired sense of security and comfort in the case of hypertension against Mrs. Y in the Working Area of the Kotabumi II Public Health Center, North Lampung Regency.

From the results of the study in this case, the data were obtained, namely Mrs. Y said he had a headache, felt heavy in the back of the head on a pain scale of 5 (0-10), the patient said he had difficulty sleeping, only slept 4-5 hours a day, the patient said it was difficult to control stress, and the patient said he did not know much about his illness. The diagnosis that appears is acute pain, sleep disturbance, knowledge deficit. The nursing action plan uses the SLKI label, namely pain control, pain level, sleep patterns, knowledge level, SIKI namely pain management, monitoring vital signs, sleep support, health education. Implementation is carried out in accordance with the action plan that has been prepared. Evaluation after taking the action for three days, two problems were resolved and one problem was partially resolved.

The conclusion of this final project report is that not all theory of hypertension cases are in accordance with the patient's condition in fact. Suggestions are expected to be able to monitor the patient's health more optimally, so that the Puskesmas should schedule home visits, especially for people who have health problems such as hypertension. For institutions, nursing study programs are expected Kotabumi can provide the latest reading literature as reading material, increase knowledge for lectures and also as a source for compiling final project reports.

Keywords : Nursing Care, Hypertension, Disturbance of Safety and Comfort

Reading source : 16 (2011-2021)