

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR

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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN ISTIRAHAT
DAN TIDUR PADA KLIEN ABLASIO RETINA DAN HIPERTENSI
DI DUSUN SRIMULYO I NATAR LAMPUNG SELATAN
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Xiv + 122 Halaman + 19 Tabel + 2 Gambar + 9 Lampiran

ABSTRAK

Kebutuhan istirahat dan tidur merupakan salah satu kebutuhan dasar manusia (KDM) yang harus dipenuhi, diperlukan untuk mempertahankan status kesehatan pada tingkat optimal, proses tidur dapat memperbaiki berbagai sel dalam tubuh. Banyak faktor yang menyebabkan gangguan istirahat dan tidur salah satunya Penyakit Tidak Menular (PTM), antara lain ablasio retina dan hipertensi. WHO memperkirakan prevalensi global hipertensi sebesar 22%, sedangkan prevalensi ablasio retina 1 kasus dalam 10.000 populasi. Berdasarkan *survey* oleh *staff* Puskesmas Hajimena pada Januari 2023, tercatat 201 penduduk desa Srimulyo dengan kasus hipertensi dan hanya 1 kasus ablasio retina. Penulis menggunakan pendekatan aspek berfokus pada dua subjek yang mengalami gangguan pola tidur. Tujuannya untuk menggambarkan asuhan keperawatan gangguan pola tidur pada individu dalam keluarga. Hasil pengkajian disimpulkan kedua klien memiliki diagnosis utama gangguan pola tidur. Intervensi yang diberikan yaitu dukungan tidur. Respon saat pemberian implementasi antara dua subyek asuhan tidaklah sama, contohnya saat memberi edukasi dukungan tidur didapatkan klien II lebih susah menerima materi. Evaluasi akhir didapatkan klien I mudah mengatasi gangguan pola tidur, sementara klien II cenderung lebih sulit dikarenakan faktor usia. Penulis menyarankan sebaiknya proses asuhan individu dalam keluarga lebih memperhatikan faktor usia dan memberikan edukasi bagi klien dan keluarganya supaya dapat meningkatkan derajat kesehatan secara mandiri.

Kata kunci : Aspek Individu Dalam Keluarga, PTM (Ablasio Retina & Hipertensi), Gangguan Pola Tidur

Bahan bacaan : 28 (2013-2022)

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**NURSING CARE OF INTERRUPTION OF THE NEED OF REST AND
SLEEP IN CLIENTS OF RETINA ABLASIO AND HYPERTENSION
IN SRIMULYO I NATAR, LAMPUNG SELATAN
YEAR 2023**

Xiv + 122 Page + 19 Table + 2 Picture + 9 Appendix

ABSTRACT

The need for rest and sleep is one of the basic human needs (KDM) that must be met, needed to maintain health status at an optimal level, the sleep process can repair various cells in the body. Many factors cause rest and sleep disturbances, one of which is Non-Communicable Diseases (NCD), including retinal detachment and hypertension. WHO estimates that the global prevalence of hypertension is 22%, while the prevalence of retinal detachment is 1 case in 10,000 population. Based on a survey by Hajimena Health Center staff in January 2023, 201 residents of Srimulyo village were recorded with cases of hypertension and only 1 case of retinal detachment. The author uses the askep approach focusing on two subjects who experience sleep pattern disturbances. The aim is to describe the nursing care of sleep pattern disorders in individuals in the family. The results of the study concluded that both clients had a primary diagnosis of sleep pattern disturbance. The intervention given is sleep support. The response when providing implementation between the two care subjects was not the same, for example when providing sleep support education it was found that client II had more difficulty accepting the material. The final evaluation found that client I easily coped with sleep pattern disturbances, while client II tended to be more difficult due to the age factor. The author suggests that the individual care process in the family should pay more attention to the age factor and provide education for clients and their families so they can improve their health status independently.

Keywords : Individual Nursing Care in the Family, NCD (Retinal Ablation & Hypertension), Sleep Pattern Disorders

Reading Materials : 28 (2013-2022)