

**POLITEKNIK KESEHATAN TANJUNGPURWATI  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, Mei 2023**

Laila Halimah,

Asuhan Keperawatan Gerontik Dengan Gangguan Kebutuhan Rasa Nyaman pada Kasus Hipertensi Terhadap Tn. E di Kota Alam Wilayah Kerja Puskesmas Kotabumi II Kabupaten Lampung Utara Tanggal 31 Oktober-03 November 2022  
xv, 70 halaman, 11 tabel, 4 gambar, 4 lampiran

**RINGKASAN**

Hipertensi ialah suatu keadaan dimana terjadi peningkatan tekanan darah di atas ambang batas normal yaitu 120/80 mmHg. Jika tekanan darah sudah lebih dari 140/90 mmHg dinyatakan hipertensi, batasan tersebut untuk orang dewasa di atas 18 tahun (Triyanto, 2017).

Tujuan penulisan laporan tugas akhir ini memberikan gambaran asuhan keperawatan gerontik klien pada kasus Hipertensi dengan gangguan rasa nyaman secara komprehensif dan berdasarkan Standar Diagnosis Keperawatan Indonesia (SDKI), Standar Luaran Keperawatan Indonesia (SLKI), Standar Intervensi Keperawatan Indonesia (SIKI).

Hasil pengkajian klien mengatakan nyeri kepala dibagian belakang dan menjalar hingga ke tengkuk, nyeri seperti ditusuk-tusuk dengan skala nyeri 7, nyeri dirasakan 2-3 menit, nyeri hilang jika klien minum obat/beristirahat, dan nyeri muncul saat klien terlalu banyak makan-makanan asin, klien tampak meringis, klien tampak gelisah, klien mengeluh sulit tidur dan sering terbangun di malam hari, klien mengatakan kurang tidur/istirahat, klien tidur hanya 4 jam saat sakit saat tidak sakit 6 jam, klien mengatakan masih mengkonsumsi makanan tinggi garam, klien mengatakan belum mengerti tentang hipertensi (gejala hipertensi, penyebab hipertensi, dan komplikasi hipertensi), klien mengatakan jarang mengkonsumsi obat anti hipertensi, klien tampak mengkonsumsi makanan tinggi garam. Diagnosa yang muncul nyeri akut, gangguan pola tidur, dan defisit pengetahuan. Perencanaan keperawatan meliputi SLKI: tingkat nyeri, pola tidur, dan tingkat pengetahuan. Dengan SIKI: manajemen nyeri, dukungan tidur, dan edukasi kesehatan. Implementasi yang diberikan yaitu mengidentifikasi lokasi, karakteristik, durasi, frekuensi, kualitas, intensitas nyeri, mengidentifikasi skala nyeri, mengidentifikasi pola aktivitas dan tidur, mengidentifikasi faktor pengganggu tidur, dan mengidentifikasi kesiapan dan kemampuan menerima informasi. Hasil evaluasi selama tiga hari menunjukkan diagnosa keperawatan yang dipilih teratasi sebagian.

Saran untuk Puskesmas Kotabumi II diharapkan perawat di Puskesmas Kotabumi II lebih meningkatkan edukasi pada klien sehingga klien bisa rutin mengkonsumsi obat dan mengontrol tekanan darahnya.

Kata kunci : Askep Gerontik, Hipertensi, Kebutuhan Rasa Nyaman

Daftar bacaan : 25 (2013-2021)

TANJUNGPURANG HEALTH POLYTECHNIC  
CITY NURSING STUDY PROGRAM  
Final Project Report, May 2023

Laila Halimah,

*Gerontic Nursing Care with Disorders of the Need for Comfort in Cases of Hypertension Against Mr. E in Kota Alam Working Area Health Center Kotabumi II, North Lampung Regency October 31-November 3, 2022*

*xv, 70 pages, 11 tables, 4 pictures, 4 attachments*

**ABSTRACT**

*Hypertension is a condition where there is an increase in blood pressure above the normal threshold, which is 120/80 mmHg. If blood pressure is more than 140/90 mmHg, it is declared hypertension, this limit is for adults over 18 years (Triyanto, 2017).*

*The purpose of writing this final project report is to provide a comprehensive overview of the client's gerontic nursing care in Hypertension with impaired comfort cases and based on the Indonesian Nursing Diagnostic Standards (SDKI), Indonesian Nursing Outcome Standards (SLKI), Indonesian Nursing Intervention Standards (SIKI).*

*The results of the client's assessment say that the headache is in the back and radiates to the nape, pain is like being stabbed with a pain scale of 7, pain is felt for 2-3 minutes, pain goes away if the client takes medicine / rests, and pain occurs when the client eats too much food salty, the client looks grimacing, the client looks restless, the client complains of difficulty sleeping and often wakes up at night, the client says lack of sleep/rest, the client sleeps only 4 hours when sick when not sick 6 hours, the client says he still consumes foods high in salt, the client says he does not understand hypertension (symptoms of hypertension, causes of hypertension, and complications of hypertension), client says he rarely consumes anti-hypertensive drugs, clients appear to consume foods high in salt. The emerging diagnoses are acute pain, sleep pattern disturbances, and knowledge deficits. Nursing planning includes SLKI: pain level, sleep pattern, and knowledge level. With SIKI: pain management, sleep support, and health education. The implementation given is to identify location, characteristics, duration, frequency, quality, pain intensity, identify pain scale, identify activity and sleep patterns, identify sleep disturbing factors, and identify readiness and ability to receive information. The evaluation results for three days showed that the selected nursing diagnoses were partially resolved.*

*Suggestions for the Kotabumi II Health Center are that nurses at the Kotabumi II Health Center are expected to improve education for clients so that clients can regularly take medication and control their blood pressure.*

*Keywords: Gerontic Medical Nurse, Hypertension, Need for Comfort*

*Source: 25 (2013-2021)*