

POLITEKNIK KESEHATAN TANJUNGPUR
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Juni 2023

RENALDI

Asuhan Keperawatan Keluarga Dengan Gangguan Aman dan Nyaman Pada Kasus Hipertensi Terhadap Ny.K Di Desa Bernah Dalam Wilayah Kerja Puskesmas Kotabumi II Kabupaten Lampung Utara Tanggal 28-30 Maret 2023

Xiv, 68 halaman, 9 tabel, 3 gambar, 2 lampiran

RINGKASAN

Hipertensi merupakan suatu keadaan dimana peningkatan darah sistolik berada diatas batas normal yaitu lebih dari 140 mmHg dan tekanan diastolik lebih dari 90 mmHg. Keterlibatan keluarga dalam perawatan di rumah sangat penting. Mengingat dalam keseharian pasien, keluarganya yang selalu berada di sisi pasien. Penanganan hipertensi yang dapat dilakukan oleh keluarga di rumah antara lain membantu pasien untuk kontrol rutin, menjaga pola makan, menyarankan berhenti merokok, mengubah gaya hidup, berolahraga, dll. Rumusan masalah bagaimana asuhan keperawatan keluarga dengan gangguan rasa dan nyaman pada kasus hipertensi terhadap Ny. K.

Tujuan Laporan Tugas Akhir ini adalah memberikan gambaran pelaksanaan asuhan keperawatan keluarga dengan gangguan rasa aman dan nyaman pada kasus hipertensi terhadap Ny.K di wilayah kerja Puskesmas Kotabumi II Kabupaten Lampung Utara.

Hasil Pengkajian di dapatkan data: klien adalah anggota keluarga type nuclear family, klien mengeluh nyeri di kepala dan tengkuk seperti tertimpa benda berat dengan skala nyeri 5, tekanan darah 160/90 mmHg, sulit tidur, dan klien khawatir akan akibat penyakit yang dideritanya. Faktor yang teridentifikasi yaitu klien masih menyediakan dan mengkonsumsi ikan asin. Diagnosa yang ditegakkan adalah nyeri akut (score 4). Rencana implementasi keperawatan pada kasus Ny.K meliputi 5 TUK, yaitu: TUK 1 keluarga mampu mengenal masalah, TUK 2 keluarga mampu mengambil keputusan, TUK 3 keluarga mampu merawat, TUK 4 keluarga mampu memelihara kesehatan, TUK 5 keluarga mampu memanfaatkan fasilitas kesehatan. Intervensi utama dilaksanakan selama 3 hari, Evaluasi TUK 1,2, dan 5 tercapai tetapi TUK 3 dan 4 teratasi sebagian. TUM nyeri menurun dari skala 5 menjadi 4.

Simpulan laporan didapatkan secara nyata gambaran asuhan keperawatan keluarga dengan gangguan aman dan nyaman pada kasus hipertensi terhadap Ny.K di Wilayah Kerja Puskesmas Kotabumi II. Saran, diharapkan pihak tenaga kesehatan Puskesmas Kotabumi II dalam menegakkan diagnosa keperawatan dengan menggunakan skoring agar dapat menentukan intervensi yang baik.

Kata Kunci: Asuhan Keperawatan Keluarga, Aman Nyaman, Hipertensi.
Sumber bacaan: 22. (2007 – 2022)

TANJUNGPURONG HEALTH POLYTECHNIC
KOTABUMI NURSING STUDY PROGRAM
Final Project Report, June 2023

RENALDI

Family Nursing Care with Disturbances Safe and Comfortable in Hypertension Cases for Mrs. K in Bernah Dalam Village Work Area Health Center Kotabumi II North Lampung Regency, 28-30 March 2023

xiv, 68 pages, 9 tables, 3 pictures, 2 attachments

ABSTRACT

Hypertension is a condition where the systolic blood pressure is above the normal limit, which is more than 140 mmHg and the diastolic pressure is more than 90 mmHg. Family involvement in home care is very important. Remembering that in the patient's daily life, is the family who is always by the patient's side. Treatment of hypertension that can be done by the family at home includes helping patient's to control routine, maintain diet, suggest smoking cessation, change lifestyle, exercise, etc. Formulation of the problem of how to provide family nursing care with a sense of security and comfort in cases hypertension towards Ny. K.

The purpose of this final report is to provide an overview of the implementation of family nursing care with impaired comfort in the case of hypertension against Mrs. K in the working area of the Kotabumi II Public Health Center, North Lampung Regency.

The results of the study obtained data: the client is a member of the nuclear family type family, the client complain of pain in the head and neck was like being hit by a heavy object with a pain scale 5, blood pressure 160/90 mmHg, difficulty sleeping and the client is worried about the consequences of the disease he is suffering from. The identified factor is that the client still provides and consumes salted fish. The diagnosis that is unforced is acute pain (score 4). The nursing implementation plan in Mrs. K case includes 5 TUK, namely: TUK 1 family is able to recognize problems, TUK 2 families are able to make decisions, TUK 3 families are able to care, TUK 4 families are able to maintain health, TUK 5 families are able to take advantage of health facilities. The main intervention was carried out for 3 days, evaluation of TUK 1, 2 and 5 was achieved but TUK 3 and 4 were partially resolved. TUM pain decreased from a scale of 5 to 4.

The conclusions of the report are obtained significantly description family nursing care with safe and comfortable distractions in cases of hypertension against Mrs. K in the Kotabumi II Public Health Center Work Area. Suggestion, it is hoped that the health workers of the Kotabumi II Health Center health workers in upholding nursing diagnoses by using scoring in order to determine good interventions.

Keywords: Family Nursing Care, Safe Comfort, Hypertension.

Reading sources: 22.(2007-2022)