

**POLITEKNIK KESEHATAN TANJUNGPUR  
JURUSAN KEPERAWATAN TANJUNGPUR  
PRODI DIII KEPERAWATAN TANJUNGPUR**

Laporan Tugas Akhir, 30 Mei 2024

**Made Riyan Jaya**

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN  
RASA NYAMAN (NYERI AKUT) PADA PASIEN HIPERTENSI  
DI RUANG KERATUN BAWAH RS URIP SUMOHARJO  
BANDAR LAMPUNG  
TAHUN 2024**

xiii + 67 halaman + 9 tabel + 4 gambar+ 7 lampiran

**ABSTRAK**

Data *World Health Organization (WHO)* tahun 2015 menyatakan sekitar 1,13 milyar orang di dunia menderita hipertensi, yang artinya 1 dari 3 orang di dunia terdiagnosis hipertensi. Jumlah penderita hipertensi meningkat setiap tahun, di perkirakan tahun 2025 akan ada sekitar 1,5 milyar orang yang menderita hipertensi, dan di perkirakan tiap tahun nya terdapat 9,4 juta orang yang meninggal akibat hipertensi dan komplikasi nya (Kemenkes RI, 2019). Menurut Dinas Kesehatan Provinsi Lampung atau Risesdas (2018), dari 10 besar penyakit berada di Lampung Hipertensi menempati posisi ke-3 dengan jumlah 230.652 yaitu sekitar 16,15%. Pada penderita hipertensi di wilayah Bandar Lampung mencapai 71,40% (Kemenkes RI, 2019). Penulisan ini menggunakan pendekatan studi kasus asuhan keperawatan yang meliputi proses keperawatan mulai dari pengkajian, diagnosis, intervensi, implementasi, serta evaluasi keperawatan. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, dan pemeriksaan penunjang. Tujuan asuhan keperawatan ini yaitu melakukan tindakan asuhan keperawatan gangguan kebutuhan rasa nyaman nyeri. Asuhan keperawatan pada pasien 1 dilakukan pada 6 s.d 8 Januari 2024 dan pada pasien 2 dilakukan pada tanggal 7 s.d 9 Januari 2024. Hasil asuhan keperawatan setelah dilakukan tindakan manajemen nyeri selama tiga hari pada pasien didapatkan skala nyeri berkurang dengan skala 4 pada pasien 1 dan skala nyeri 3 pada pasien 2 dan meringis menurun. Disarankan yaitu dilakukan tindakan nonfarmakologis teknik relaksasi nafas dalam untuk mengurangi nyeri yang dirasakan pasien.

Kata kunci : Asuhan Keperawatan, Gangguan Rasa Nyaman, Nyeri  
Daftar Referensi : 15(2013-2022)

**TANJUNG KARANG HEALTH POLYTECHNIC  
TANJUNGKARANG DEPARTEMENT OF NURSING  
TANJUNGKARANG DIII NURSING PROGRAM**

Final Report, 30 May 2024

**Made Riyan Jaya**

**NURSING CARE FOR DISORDER NEEEDS  
COMFORT (ACUTE PAIN) IN HYPERTENSION PATIENTS  
IN THE KERATUN BAWAH ROOM OF URIP SUMOHARJO HOSPITAL  
BANDAR LAMPUNG  
IN 2024**

xiii + 67 pages + 9 tables + 4 pictures + 7 attachments

**ABSTRAK**

Data from the World Health Organization (WHO) in 2015 stated that around 1.13 billion people in the world suffer from hypertension, which means that 1 in 3 people in the world are diagnosed with hypertension. The number of hypertension sufferers increases every year, it is estimated that by 2025 there will be around 1.5 billion people suffering from hypertension, and it is estimated that every year 9.4 million people will die due to hypertension and its complications (Ministry of Health of the Republic of Indonesia, 2019). According to the Lampung Provincial Health Service or Riskesdas (2018), of the top 10 diseases in Lampung, hypertension is in 3rd place with a total of 230,652, which is around 16.15%. Hypertension sufferers in the Bandar Lampung area reached 71.40% (RI Ministry of Health, 2019). This writing uses a case study approach to nursing care which includes the nursing process starting from assessment, diagnosis, intervention, implementation, and nursing evaluation. Data collection techniques include interviews, observation, physical examination and supporting examinations. The aim of this nursing care is to carry out nursing care actions to disrupt the need for comfort and pain. Nursing care for patient 1 was carried out from 6 to 8 January 2024 and for patient 2 it was carried out from 7 to 9 January 2024. The results of nursing care after carrying out pain management measures for three days on the patient showed that the pain scale was reduced to a scale of 4 in patient 1 and the scale pain 3 in patient 2 and grimacing decreased. It is recommended that non-pharmacological measures be taken, deep breathing relaxation techniques to reduce the pain felt by the patient.

Keyword : Nursing Care, Disturbance Of Comfort, Painful  
Bibliography : 15(2013-2022)