

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN  
TANJUNGPURUN  
JURUSAN KEPERAWATAN  
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

Karya Tulis Ilmiah, Februari 2024  
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PEMBERIAN EDUKASI TINDAKAN KEPERAWATAN REBUSAN DAUN  
SALAM SEBAGAI UPAYA MENGATASI GANGGUAN RASA NYAMAN  
DENGAN KASUS HIPERTENSI TERHADAP NY.R DI WILAYAH KERJA  
PUSKESMAS KOTABUMI II

xix + 105 halaman + 11 tabel + 4 gambar + 3 lampiran

**ABSTRAK**

Hipertensi ialah suatu keadaan dimana terjadi peningkatan tekanan darah di atas ambang batas normal yaitu 120/90 mmHg. Jika tekanan darah sudah lebih dari 140/90 mmHg dinyatakan hipertensi. Tujuan penulisan laporan tugas akhir ini memberikan tentang penerapan edukasi tindakan rebusan daun salam 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). Diagnosa yang muncul nyeri akut. Perencanaan keperawatan meliputi SLKI: tingkat nyeri, Dengan SIKI: manajemen nyeri. Implementasi yang diberikan yaitu pemberian edukasi rebusan daun salam untuk menurunkan nyeri dan menurunkan tekanan darah. 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 : Gerontik, Hipertensi, Kebutuhan Rasa Nyaman  
Daftar bacaan : 33 (2015 - 2023)

*THE HEALTH POLYTECHNIC MINISTRY OF HEALTH TANJUNGPUR  
NURSING DEPARTMENT  
DIPLOMA NURSING PROGRAM KOTABUMI*

*Scientific papers, February 2024  
Fico Rerdana*

*PROVIDING EDUCATION ON THE TREATMENT OF BAY LEAF  
DECOCTION AS AN EFFORT TO EVERCOME DISCOMFORT DISORDERS  
IN CASES OF HYPERTENSION AT THE KOTABUMI II HEALTH CENTER*

*xix + 105 pages + 11 table + 4 pictures + 3 appendices*

**ABSTRACT**

*Hypertension is a condition where there is an increase in blood pressure above the normal threshold, namely 120/90 mmHg. If blood pressure is more than 140/90 mmHg, it is considered hypertension. The aim of writing this final report is to provide an educational application of bay leaf decoction in cases of hypertension with impaired comfort in a comprehensive manner and based on the Indonesian Nursing Diagnosis Standards (SDKI), Indonesian Nursing Outcome Standards (SLKI), Indonesian Nursing Intervention Standards (SIKI). The diagnosis is acute pain. Nursing planning includes SLKI: pain level, with SIKI: pain management. The implementation provided was providing education on boiled bay leaves to reduce pain and lower blood pressure. The results of the three-day evaluation showed that the selected nursing diagnosis was partially resolved. Suggestions for the Kotabumi II Health Center are that nurses at the Kotabumi II Health Center hope to increase client education so that clients can regularly take medication and control their blood pressure..*

*Keywords: Gerontic Medical Nurse, Hypertension, Need for Comfort  
Reference : 33 (2015 – 2023)*