

POLITEKNIK KESEHATAN TANJUNGPINRANG
PRODI KEPERAWATAN KOTABUMI
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Asuhan Keperawatan Gerontik Terhadap Ny. S dengan Gangguan Rasa Aman
Nyaman pada Kasus Hipertensi di Wilayah Kerja Puskesmas Kotabumi II
Kabupaten Lampung Utara Tanggal 21 Februari-05 Maret 2022
xviii + 64 halaman, 10 tabel, 4 gambar dan 3 lampiran

RINGKASAN

Hipertensi merupakan tekanan darah yang lebih tinggi di bandingkan dengan normal karena penyempitan pembuluh darah (Asikin, dkk, 2016). Di Indonesia hipertensi terus meningkat. Tahun 2018 mencapai 4,674 jiwa, tahun 2019 mencapai 4,637 jiwa (Dinkes Lampung Utara 2020). Berdasarkan rekam medis Puskesmas Kotabumi II tahun 2018 mencapai 3.040 jiwa, 2019 mencapai 3.752 jiwa, 2020 mencapai 730 jiwa, 2021 mencapai 1.582 jiwa. Rumusan masalah pada laporan tugas akhir ini adalah bagaimana asuhan keperawatan terhadap Ny.S dengan gangguan rasa aman nyaman pada kasus hipertensi di Desa Bandar Putih Kecamatan Kotabumi Selatan.

Tujuan laporan tugas akhir ini memberikan gambaran asuhan keperawatan terhadap Ny. S dengan gangguan rasa aman nyaman kasus hipertensi di Desa Bandar Putih Kecamatan Kotabumi Selatan tentang pengkajian, diagnosa, rencana, implementasi, dan evaluasi.

Hasil pengkajian yang didapatkan pada Ny. S mengatakan klien mengatakan nyeri di bagian kepala dan berat dibagian tengkuk, nyeri seperti tertusuk-tusuk, nyeri bertambah bila melakukan aktivitas yang banyak, nyeri berkurang saat istirahat, mengatakan tidak nyaman bila nyerinya kambuh, skala nyeri 4 (0-10), tekanan darah 160/100 mmHg, nadi 100 x/menit, RR 22 x/menit, klien mengatakan tidak mengetahui banyak tentang penyakitnya, klien mengatakan cemas dengan penyakitnya dan takut membebani anak dan menantu, klien tampak meringis. Sehingga diagnosa keperawatan yang muncul adalah nyeri akut, ansietas dan defisit pengetahuan. Adapun SLKI yaitu kontrol nyeri, tingkat nyeri, tingkat ansietas dan tingkat pengetahuan. Dan SIKI yaitu pemantauan tanda vital, manajemen nyeri, reduksi ansietas, dan edukasi kesehatan. Implementasi dilakukan sesuai dengan rencana keperawatan. Evaluasi yang didapatkan selama 3 hari tidak semua masalah teratasi dua diagnosa teratasi dan satu teratasi sebagian.

Simpulan yang didapatkan penulis secara nyata tentang asuhan keperawatan kasus hipertensi pada Ny. S dengan gangguan rasa aman nyaman. Saran untuk klien dan keluarga yaitu dapat meningkatkan komunikasi yang efektif dan terbuka supaya stress yang dirasakan klien dapat berkurang dengan cara bicara terbuka tentang apa yang dirasakan klien.

Kata kunci : Asuhan Keperawatan Gerontik, Hipertensi, Gangguan Aman Nyaman
Sumber bacaan : 30 (1977-2022)

POLITEKNIK KESEHATAN TANJUNGPUR
PRODI KEPERAWATAN KOTABUMI
Final Project Report May 23, 2022

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Gerontic Nursing Care for Mrs. S with Disturbance in Feeling Safe and Comfortable in
Hypertension Cases in the Working Area of the Kotabumi II Public Health Center, North
Lampung Regency, 21 February-05 March 2022
xviii + 64 pages , 10 tables, 4 images and 3 attachments

ABSTRACT

Hypertension is blood pressure that is higher than normal due to narrowing of blood vessels (Asikin, et al, 2016). In Indonesia, hypertension continues to increase. In 2018 it reached 4,674 people, in 2019 it reached 4,637 people (North Lampung Health Office 2020). Based on the medical records of the Kotabumi II Health Center in 2018, it reached 3,040 people, in 2019 it reached 3,752 people, in 2020 it reached 730 people, in 2021 it reached 1,582 people. The formulation of the problem in this final report is how to provide nursing care for Mrs. S with a sense of security and comfort in cases of hypertension in Bandar Putih Village, South Kotabumi District.

The purpose of this final report is to provide an overview of nursing care for Mrs. S with a sense of security disorder in cases of hypertension in Bandar Putih Village, Kotabumi Selatan District regarding assessment, diagnosis, planning, implementation, and evaluation.

The results of the study obtained on Mrs. S said the client said the pain was in the head and severe in the nape of the neck, the pain was stabbing, the pain increased when doing a lot of activities, the pain was reduced at rest, said it was uncomfortable when the pain recurs, pain scale 4 (0-10), blood pressure 160 /100 mmHg, pulse 100 x/minute, RR 22 x/minute, the client said he didn't know much about his illness, the client said he was worried about his illness and was afraid to burden his children and in-laws, the client grimaced. So that the nursing diagnoses that arise are acute pain, anxiety and knowledge deficit. The SLKI are pain control, pain level, anxiety level and knowledge level. And SIKI is monitoring vital signs, pain management, anxiety reduction, and health education. Implementation is carried out according to the nursing plan. The evaluation that was obtained for 3 days was not all problems resolved, two diagnoses were resolved and one was partially resolved.

The conclusions obtained by the author are significantly about nursing care for hypertension cases in Ny. S with a sense of security disorder comfortable. Suggestions for clients and families are to increase effective and open communication so that the stress felt by the client can be reduced by talking openly about what the client feels.

Keywords : Gerontic Nursing Care, Hypertension, Safe Disorder Comfortable

Reading source : 30 (1977-2022)