

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN KEPERAWATAN TANJUNGPURUN
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Hesty Asma Safitri

ASUHAN KEPERAWATAN GANGGUAN PEMENUHAN KEBUTUHAN NYAMAN NYERI PADA LANSIA KELUARGA TN. M DENGAN HIPERTENSI DI DESA SUKADANA DARAT KECAMATAN SUKADANA KABUPATEN LAMPUNG TIMUR TAHUN 2021

xiv + 87 halaman + 17 tabel + 8 lampiran

ABSTRAK

Prevalensi kejadian hipertensi di Indonesia yang didapatkan dari pengukuran tekanan darah pada penduduk mencapai 34,1% dari populasi usia 18 tahun ke atas. Estimasi jumlah kasus hipertensi di Indonesia sebesar 63.309.620 orang, sedangkan angka kematian Di Indonesia akibat hipertensi sebesar 427.218 kematian. IHME (*Institute for Health Metrics and Evaluation*) tahun 2017, menyebutkan bahwa dari total 1,7 juta kematian di Indonesia didapatkan faktor risiko yang menyebabkan kematian adalah tekanan darah (hipertensi) sebesar 23,7%, Hiperglikemia 18,4%, Merokok 12,7% dan obesitas sebesar 7,7%. (Riskesdas, 2019). Menurut Riskesdas Provinsi Lampung tahun 2018, prevalensi hipertensi berdasarkan hasil pengukuran tekanan darah di Provinsi Lampung sebesar 29,94%, tetapi yang terdiagnosis oleh tenaga kesehatan sebesar 7,95% atau riwayat minum obat sebesar 8,49% (Riskesdas, 2018). Tujuan penulisan ini menggambarkan asuhan keperawatan gangguan kebutuhan nyaman nyeri pada pasien lansia dengan masalah hipertensi. Metode yang penulis gunakan dalam asuhan keperawatan ini yaitu menggunakan pendekatan asuhan keperawatan keluarga, wawancara, observasi, pemeriksaan fisik, pengkajian, diagnosa, rencana keperawatan, implementasi dan evaluasi. Dari hasil pengkajian Tn. M mengatakan nyeri dan tegang pada tengkuk, mengatakan rasa nyeri seperti tertimpa beban berat dengan skala 6 (1-10), bersifat hilang timbul, dan TD 170/100 mmHg keluarga mengatakan tidak mengerti bagaimana cara perawatan anggota keluarga dengan hipertensi. Setelah diberikan asuhan keperawatan selama 4 kali kunjungan meliputi penkes tentang hipertensi dan cara merawat keluarga dengan hipertensi yaitu dengan kompres hangat didapatkan hasil skala nyeri turun menjadi 4 (1-10), dan keluarga mampu mengerti bagaimana cara perawatan anggota keluarga dengan hipertensi.

Kata kunci : Hipertensi, Gangguan Rasa Nyaman Nyeri
Daftar Bacaan : 15 (2001-2018)

**TANJUNGPURBA HEALTH POLYTECHNIC
DEPARTMENT OF NURSING TANJUNGPURBA
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Hesty Asma Safitri

**NURSING CARE DISORDERS TO FULFILL THE NEEDS OF
COMFORT PAIN IN THE ELDERLY FAMILY OF MR. M WITH
HYPERTENSION IN SUKADANA DARAT VILAGE SUKADANA
DISTRICT EAST LAMPUNG REGENCY 2021**

xiv + 87 pages + 17 tables + 8 attachments

ABSTRACT

The prevalence of hypertension in Indonesia obtained from blood pressure measurements in the population reaches 34.1% of the population aged 18 years and over. The estimated number of hypertension cases in Indonesia is 63,309,620 people, while the death rate in Indonesia due to hypertension is 427,218 deaths. IHME (Institute for Health Metrics and Evaluation) in 2017, stated that of a total of 1.7 million deaths in Indonesia, the risk factors that caused death were blood pressure (hypertension) of 23.7%, hyperglycemia 18.4%, smoking 12, 7% and obesity by 7.7%. (Riskesdas, 2019). According to Riskesdas Lampung Province in 2018, the prevalence of hypertension based on the results of blood pressure measurements in Lampung Province was 29.94%, but those diagnosed by health workers were 7.95% or a history of taking medication by 8.49% (Riskesdas, 2018). The purpose of this paper is to describe nursing care for pain comfort disorders in elderly patients with hypertension problems. The method that the author uses in nursing care is using a family nursing care approach, interviews, observations, physical examinations, assessments, diagnoses, nursing plans, implementation and evaluation. From the results of the study, Mr. M said pain and tension in the neck, said the pain was like being hit by a heavy load on a scale of 6 (1-10), was intermittent, and BP 170/100 mmHg the family said they did not understand how to treat family members with hypertension. After being given nursing care for 4 visits including health education about hypertension and how to care for families with hypertension, namely with warm compresses, the results of the pain scale dropped to 4 (1-10), and the family was able to understand how to care for family members with hypertension.

Key words : Hypertension, Pain Comfort Disorders

Reading List : 15 (2001-2018)