

**POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PROGRAM STUDI D III KEPERAWATAN TANJUNGPUR**

Laporan Tugas Akhir, April 2023

Fifi Nanda Sari

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN RASA
NYAMAN PADA PASIEN HIPERTENSI DI RUMAH SAKIT
BHAYANGKARA POLDA LAMPUNG TAHUN 2023**

xiv +80 halaman + 13 tabel + 1 gambar + 4 lampiran

ABSTRAK

World Health Organization (WHO) mengatakan bahwa hipertensi merupakan penyebab utama kematian dini di seluruh dunia. Penderita hipertensi diperkirakan 1,28 miliar orang dewasa berusia 30-79 tahun di seluruh dunia. Hipertensi merupakan salah satu penyakit *degenerative* yang banyak dijumpai di masyarakat dan sering kali muncul. Gejala yang biasa timbul adalah sakit kepala, kelelahan, mual, muntah, sesak nafas dan gelisah. Bila tekanan darah sudah lebih dari 140/90 mmHg dinyatakan hipertensi. Menurut data Rumah Sakit Bhayangkara Polda Lampung berdasarkan hasil pra survey di Rumah Sakit Bhayangkara Polda Lampung pada bulan Desember-Januari 2022-2023 didapatkan jumlah laki-laki 102 orang dan perempuan 67 orang, dari 169 orang terdapat 46 orang yang mengalami hipertensi. Tujuan penulisan laporan tugas akhir ini untuk menggambarkan asuhan keperawatan dengan gangguan kebutuhan rasa nyaman pada pasien hipertensi melalui proses keperawatan yaitu pengkajian diagnosis, intervensi, implementasi dan evaluasi. Kegiatan ini dilakukan dari tanggal 09-14 Januari 2023. Hasil pengkajian diperoleh kedua subjek asuhan mengeluh tidak nyaman, pusing, sakit kepala bagian belakang dan tengkuk, mengeluh mual dan sulit tidur serta tekanan darah tinggi. Diagnosa keperawatan yang diangkat gangguan rasa nyaman, gangguan pola tidur dan risiko perfusi serebral tidak efektif. Intervensi utama yang dilakukan terapi relaksasi, dukungan tidur dan manajemen peningkatan tekanan intrakranial. Evaluasi akhir yang didapatkan pada kedua pasien yaitu merasa lebih nyaman, pusing serta sakit kepala bagian belakang dan tengkuk membaik, pola tidur membaik dan tekanan darah membaik. Saran: asuhan keperawatan ini diharapkan dapat menjadi masukan bagi perawat dan penderita hipertensi untuk menghindari faktor yang dapat menyebabkan hipertensi dan dapat mencegah komplikasi.

Kata kunci : Gangguan rasa nyaman, Hipertensi

Daftar bacaan : 21 (2013-2022)

**TANJUNGPOLDA HEALTH POLYTECHNIC
TANJUNGPOLDA DEPARTMENT OF NURSING
TANJUNGPOLDA NURSING PROGRAM D III**

Final Project Report, April 2023

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**NURSING CARE OF DISORDERS REQUIREMENTS SAFE
COMFORTABLE PAIN IN HYPERTENSION PATIENTS AT
BHAYANGKARA HOSPITAL POLDA LAMPUNG IN 2023**

xiv + 80 pages +13 tables +1 pictures + 4 attachments

ABSTRACT

The World Health Organization (WHO) says that hypertension is the main cause of premature death worldwide. There are an estimated 1.28 billion adults with hypertension aged 30-79 years worldwide. Hypertension is a degenerative disease that is often found in society and often appears. Common symptoms are headache, fatigue, nausea, vomiting, shortness of breath and restlessness. If the blood pressure is more than 140/90 mmHg, it is called hypertension. According to data from the Bhayangkara Polda Lampung Hospital, based on the results of a pre-survey at the Bhayangkara Polda Lampung Hospital in December-January 2022-2023, 102 men and 67 women were found, out of 169 people there were 46 people who had hypertension. The purpose of writing this final report is to describe nursing care with impaired comfort needs in hypertensive patients through the nursing process, namely assessment of diagnosis, intervention, implementation and evaluation. This activity was carried out from January 9-14 2023. The results of the study obtained that both care subjects complained of discomfort, dizziness, back and neck headaches, complained of nausea and difficulty sleeping and high blood pressure. Nursing diagnoses raised by discomfort, sleep pattern disturbances and the risk of cerebral perfusion are not effective. The main interventions are relaxation therapy, sleep support and management of increased intracranial pressure. The final evaluation obtained in both patients was that they felt more comfortable, dizziness and headaches in the back and neck improved, sleep patterns improved and blood pressure improved. Suggestion: this nursing care is expected to be input for nurses and hypertensive patients to avoid factors that can cause hypertension and can prevent complications.

Keywords: Disturbed sense of comfort, Hypertension

Reading list : 21 (2013-2022)