

POLITEKNIK KESEHATAN TANJUNGPURUNG
PRODI KEPERAWATAN KOTABUMI
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Asuhan Keperawatan Gerontik Terhadap Tn.N dengan Gangguan Rasa Aman Nyaman pada Kasus Hipertensi di desa Bandar Putih Wilayah Kerja Puskesmas Kotabumi II, Kabupaten Lampung Utara, Tanggal 15-17 November 2022.

xviii+61 halaman, 10 tabel, 3 gambar dan 4 lampiran

RINGKASAN

Hipertensi adalah suatu keadaan dimana tekanan sistol dan diastol mengalami kenaikan yang melebihi batas normal tekanan (tekanan sistol diatas 140 mmHg dan diastol diatas 90 mmHg). (Iswahyuni, 2017). Berdasarkan rekam medis puskesmas kotabumi II tahun 2019 mencapai 3.752 jiwa, 2020 mencapai 730 jiwa, 2021 mencapai 45.832 jiwa, 2022 mencapai 48.250 jiwa. Tujuan laporan tugas akhir ini memberikan gambaran asuhan keperawatan terhadap Tn. N dengan gangguan rasa aman nyaman kasus hipertensi di Desa Bandar Putih Kecamatan Kotabumi Selatan tentang pengkajian, diagnosa, rencana, implementasi, dan evaluasi.

Pada saat pengkajian klien mengatakan sering pusing, penglihatan sering berkunang-kunang, mengeluh nyeri di bagian kepala, klien tampak meringis dan merasa berat di bagian tengkuk, keluhan menyertai kesulitan untuk tidur, mengeluh tidak puas tidur, kantung mata tampak hitam, lesu, nyeri bertambah bila klien melakukan aktivitas berlebihan, nyeri berkurang saat istirahat atau tidur, skala nyeri 4(0-10). Klien mengatakan tidak nyaman bila nyeri kambuh dibagian tengkuk, TD: 170/100 mmHg, RR:21 x/menit, N: 99 x/menit, klien mengatakan tidak mengetahui banyak tentang penyakitnya cara pengobatannya, klien juga mengungkapkan ingin belajar cara pencegahannya, perilaku klien tidak sesuai yang di anjurkan perawat desa seperti mengkonsumsi makanan tinggi garam, gorengan.

Sehingga diagnosa keperawatan yang muncul nyeri akut, gangguan pola tidur dan defisit pengetahuan. Adapun SLKI yaitu kontrol nyeri, tingkat nyeri, pola tidur dan tingkat pengetahuan. Dan SIKI yaitu pemantauan tanda vital, manajemen nyeri, dukungan tidur, dan edukasi kesehatan. Implementasi dilakukan sesuai dengan rencana keperawatan. Saran pada Puskesmas Kotabumi II meningkatkan kegiatan pelaksanaan asuhan keperawatan, misalnya lebih meningkatkan kunjungan rumah atau homecare dan memotivasi klien untuk masuk dalam perkumpulan Hipertensi (PPHT) sedangkan pada klien dan keluarga mengatasi nyeri tanpa analgesik seperti nafas dalam dengan baik, pencegahan dalam faktor makanan, mengurangi makanan asin (ikan asin), berlemak (gorengan), makanan tinggi, dapat mengontrol nyeri.

Kata kunci : Asuhan Keperawatan Gerontik, Hipertensi, Gangguan Aman Nyaman
Sumber : 21 (2017-2022)

TANJUNGPURANG HEALTH POLYTECHNIC
KOTABUMI NURSING STUDY PROGRAM
Final Project Report, May 2023

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Gerontic Nursing Care for Mr. N with Disturbed Sense of Security and Comfort in Hypertension Cases in Bandar Putih Village Working Area of Kotabumi II Health Center, North Lampung Regency, November 15-17 2022

xviii+61 pages, 10 tables, 3 pictures, and 4 attachments

ABSTRACT

Hypertension is a condition in which the systolic and diastolic pressures experience an increase that exceeds normal pressure limits (systolic pressure above 140 mmHg and diastolic above 90 mmHg). (Iswahyuni, 2017). Based on the medical records of the Kotabumi II Health Center, in 2019 it reached 3,752 people, in 2020 it reached 730 people, in 2021 it reached 45,832 people, in 2022 it reached 48,250 people. The purpose of this final report is to provide an overview of nursing care for Mr. N with disturbed sense of security and comfort in cases of hypertension in Bandar Putih Village, Kotabumi Selatan District regarding assessment, diagnosis, planning, implementation, and evaluation.

At the time of assessment the client says that he often gets dizzy, his vision is often dizzy, complains of pain in the head, the client looks grimacing and feels heavy in the nape, complaints accompany difficulty sleeping, complain of dissatisfaction with sleep, eye bags appear black, lethargic, increase in pain if the client does excessive activity, the pain decreases during rest or sleep, pain scale 4 (0-10). The client says it is uncomfortable if the pain recurs in the nape, BP: 170/100 mmHg, RR: 21 x/minute, N: 99 x/minute, the client says he does not know much about the disease how to treat it, the client also expresses wanting to learn how to prevent it, behavior the client does not comply with what the village nurse recommends such as consuming foods high in salt, fried foods.

So that the nursing diagnoses that appear are acute pain, sleep pattern disturbances and knowledge deficits. The SLKI are pain control, pain level, sleep pattern and level of knowledge. And SIKI, namely vital sign monitoring, pain management, sleep support, and health education. Implementation is carried out according to the nursing plan. Suggestions for the Kotabumi II Health Center to increase nursing care implementation activities, for example increasing home visits or homecare and motivating clients to join Hypertension associations (PPHT) while clients and families deal with pain without analgesics such as deep breathing properly, prevention of dietary factors, reducing salty food (salted fish), fatty (fried), high food, can control pain.

*Keywords : Gerontic Nursing Care, Hypertension, Safe Comfort Disorder Readin
Source : 21 (2017-2022)*