

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN  
KEPERAWATAN TANJUNGPURUN**

Laporan Tugas Karya Tulis Ilmiah, maret 2023

**Repka Pirmanda Sr**

**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN RASA  
NYAMAN PADA KLIEN HIPERTENSI DI DUSUN SRIMULYO 1 DESA  
PEMANGGILAN KECAMATAN NATAR KABUPATEN LAMPUNG  
SELATAN TAHUN 2023**

**ABSTRAK**

Indonesia memiliki enam pilar transformasi kesehatan yang sedang dilakukan guna memperkuat layanan kesehatan primer. Penderita hipertensi di dunia diperkirakan 1,28 milyar orang (46%). Prevalensi hipertensi di Indonesia sekitar 31,6%, penderita hipertensi di Provinsi Lampung sendiri mencapai 15,10% dan di Kabupaten Lampung Selatan sebesar 70,9% pada tahun 2021. Data Puskesmas Hajimena tahun 2022 menunjukkan bahwa penderita hipertensi sebesar 79%, hasil wawancara dengan perawat dan ibu kader serta masyarakat yang mengalami penyakit hipertensi didapatkan bahwa rata-rata mengalami masalah dengan gangguan kebutuhan rasa nyaman. **Tujuan:** diketahui gambaran asuhan keperawatan gangguan kebutuhan rasa nyaman pada klien hipertensi di Dusun Srimulyo 1 Desa Pemanggilan kecamatan Natar, Kabupaten Lampung Selatan. **Metode:** proses asuhan keperawatan yang berfokus pada 2 subyek asuhan keperawatan dengan tehnik pengumpulan data melalui wawancara dan observasi dalam bentuk narasi gambar dan tabel. Hasil pengkajian didapatkan kedua klien mengalami hipertensi dengan masalah keperawatan gangguan rasa nyaman, ansietas dan defisit pengetahuan, selanjutnya dilakukan tindakan keperawatan yaitu manajemen nyeri dengan cara kompres air hangat menggunakan waslap didaerah pinggang bagian belakang dan tengkuk leher sehingga rasa sakit dapat berkurang serta melakukan pendidikan kesehatan mengenai hipertensi, setelah dilakukan asuhan keperawatan selama 3 hari dan dilakukan evaluasi keadaan klien membaik. **Kesimpulan:** setelah diberi asuhan keperawatan selama 3 hari didapatkan hasil kedua klien kenyamanan meningkat. **Saran:** laporan tugas karya tulis ilmiah ini diharapkan dapat menjadi contoh dalam melakukan asuhan keperawatan gangguan rasa nyaman pada klien hipertensi di Puskesmas Hajimena serta masyarakat dapat melakukan perawatan secara mandiri dengan cara kompres air hangat menggunakan alat sederhana yang ada dirumah untuk meningkatkan rasa nyaman.

Kata kunci: Gangguan rasa nyaman, Hipertensi

Daftar bacaan: 22 (2014-2022)

**TANJUNGPURONG HEALTH POLYTECHNIC  
DEPARTMENT OF NURSING TANJUNGPURONG**

Scientific Essay Report, March 2023

**Repka Pirmanda Sr**

**NURSING CARE OF DISTURBED NEEDS OF COMFORT IN  
HYPERTENSION PATIENTS IN SRIMULYO 1 VILLAGE, NATAR SUB-  
DISTRICT, LAMPUNG SELATAN DISTRICT, IN 2023**

**ABSTRACT**

Indonesia has six pillars of health transformation that are being carried out to strengthen primary health services. There are an estimated 1.28 billion people (46%) with hypertension in the world. The prevalence of hypertension in Indonesia is around 31.6%, hypertension sufferers in Lampung Province itself reach 15.10% and in South Lampung Regency it is 70.9% in 2021. Data from the Hajimena Health Center for 2022 shows that hypertension sufferers are 79%, interview results with nurses and female cadres as well as people who experience hypertension, it was found that on average they experience problems with disturbances of the need for comfort. Purpose: to know the description of nursing care for disorders of the need for comfort in hypertensive clients in Srimulyo 1 Hamlet, Pecallan Village, Natar sub-district, South Lampung Regency. Method: the process of nursing care that focuses on 2 subjects of nursing care with data collection techniques through interviews and observations in the form of narrative pictures and tables. The results of the study found that both clients had hypertension with nursing problems disturbing feelings of comfort, anxiety and knowledge deficits, then nursing actions were carried out, namely pain management by compressing warm water using a washcloth in the back of the waist and nape of the neck so that pain could be reduced and conducting health education regarding hypertension, after nursing care for 3 days and evaluating the client's condition improved. Conclusion: after being given nursing care for 3 days, the results obtained for both clients increased comfort. Suggestion: this scientific paper task report is expected to be an example in carrying out nursing care for disorders of comfort in hypertensive clients at the Hajimena Health Center and the community can carry out treatment independently by compressing warm water using simple tools at home to increase comfort.

Keywords: Disturbed sense of comfort, Hypertension

Reading list : 22 (2014-2022)