

POLITEKNIK KESEHATAN KEMENTRIAN KESEHATAN
TANJUNGPURUN JURUSAN KEPERAWATAN
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

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Adam Mahardika

PENERAPAN TERAPI RELAKSASI MERENDAM KAKI DENGAN AIR
HANGAT PADA LANSIA TN.N PENDERITA HIPERTENSI YANG
MENGALAMI MASALAH KEPERAWATAN NYERI KRONIS DI WILAYAH
KERJA PUSKESMAS KOTABUMI II KABUPATEN LAMPUNG UTARA

xvii + 38 halaman + 5 tabel + 2 gambar + 7 lampiran

ABSTRAK

Lansia yang mengalami hipertensi membutuhkan terapi relaksasi merendam kaki dengan air hangat untuk mengatasi nyeri kronis sehingga dapat mengontrol tekanan darah tinggi. Tujuan studi kasus ini adalah memberikan gambaran penerapan terapi relaksasi merendam kaki dengan air hangat pada lansia dalam kasus hipertensi untuk mengatasi masalah nyeri kronis. Desain penelitian ini menggunakan studi kasus dengan pendekatan asuhan keperawatannya. Data dikumpulkan dengan wawancara dan observasi. Diagnosis yang ditegakkan nyeri kronis. Intervensi yang diberikan edukasi mengenai hipertensi serta tindakan yang akan dilakukan meliputi terapi relaksasi merendam kaki dengan air hangat. Implementasi ini dilaksanakan 3 kali. Evaluasi yang diharapkan meliputi kesejahteraan fisik meningkat, kesejahteraan psikologis meningkat, perawatan sesuai kebutuhan meningkat, keluhan tidak menurun, gelisah menurun, kesulitan tidur menurun, dan pola tidur membaik, tekanan darah mendekati nilai normal 135/80 mmHg dan frekuensi nadi 80x/menit. Kesimpulan nya terapi relaksasi merendam kaki dengan air hangat efektif mengatasi nyeri kronis dan berhasil menurunkan tekanan darah secara fluktuatif kecenderungan menurun. Disarankan peneliti selanjutnya pada saat perendaman melakukan penutupan bak menggunakan kain sampai permukaan bak tertutup, sehingga tidak terjadi evaporasi yang sangat signifikan.

Kata kunci : Hipertensi, nyeri kronis, terapi rendam kaki

Daftar bacaan : 35 (2014-2023)

*HEALTH POLYTECHNIC MINISTRY OF HEALTH TANJUNG KARANG
NURSING DEPARTMENT
DIPLOMA NURSING PROGRAM KOTABUMI*

*Scientific Writing, Mei 2024
Adam Mahardika*

*IMPLEMENTATION OF RELAXATION THERAPY SOAKING THE FEET IN
WARM WATER ON TN.N ELDERLY PATIENTS WITH HYPERTENSION WHO
EXPERIENCE CHRONIC PAIN NURSING PROBLEMS IN THE WORKING
AREA OF THE KOTABUMI II PUSKESMAS, NORTH LAMPUNG DISTRICT
xvii + 38 pages + 5 tables + 2 picture + 7 appendices*

ABSTRACT

Elderly people who suffer from hypertension need relaxation therapy by soaking their feet in warm water to treat chronic pain so they can control high blood pressure. The aim of this case study is to provide an overview of the application of relaxation therapy by soaking the feet in warm water in the elderly in cases of hypertension to overcome chronic pain problems. This research design uses a case study. Data was collected by interviews and observations. The diagnosis was made of chronic pain. Interventions that provide education about hypertension and the actions that will be taken include relaxation therapy by soaking the feet in warm water and acupressure relaxation therapy for hypertension. This implementation was carried out 5 times, 3 times guided, 3 visits and 2 times independently when the client wanted to sleep at night. The expected evaluation includes increased physical well-being, increased psychological well-being, increased care as needed, complaints that do not decrease, anxiety decreases, difficulty sleeping decreases, and sleep patterns improve, blood pressure approaches the normal value of 135/80 mmHg and pulse rate 80x/minute. The conclusion is that relaxation therapy by soaking the feet in warm water is effective in treating chronic pain and is successful in reducing blood pressure fluctuatingly with a downward trend. It is recommended that future researchers cover the tub using a cloth until the surface of the tub is covered, so that significant evaporation does not occur.

*Keywords : Hypertension, chronic pain, soak feet,
Reference : 34 (2014-2023)*