

POLTEKKES KEMENKES TANJUNGPUR
JURUSAN KEPERAWATAN
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

Karya Tulis Ilmiah, Mei 2025
Riska Jaya Rian Tina

PEMBERIAN EDUKASI PERASAN AIR LABU SIAM PADA PASIEN
HIPERTENSI TERHADAP TEKANAN DARAH DI WILAYAH KERJA
PUSKESMAS KALIBALANGAN

xvii + 61 halaman + 12 tabel + 2 gambar + 7 lampiran

ABSTRAK

Hipertensi ialah suatu keadaan dimana terjadi peningkatan tekanan darah di atas ambang batas normal yaitu 120/90 mmHg. Jika tekanan darah sudah lebih dari 140/90 mmHg dinyatakan hipertensi. Tujuan penulisan laporan tugas akhir ini memperoleh gambaran dalam melakukan pemberian edukasi perasan air labu siam terhadap tekanan darah di Wilayah Kerja Puskesmas Kalibalangan Lampung Utara. Desain penelitian menggunakan studi kasus dengan pendekatan asuhan keperawatan. Intervensi yang diberikan ialah pemberian edukasi perasan air labu siam yang diminum pagi dan sore. Implementasi dilakukan selama 3 hari. Hasil yang diperoleh meliputi skala nyeri menurun, keluhan sulit tidur menurun, klien paham tentang penyakitnya dan tekanan darah menurun. Kesimpulan dari studi kasus ini bahwa pemberian edukasi perasan air labu siam dapat menurunkan nyeri dan tekanan darah pada pasien hipertensi. Saran dari studi kasus ini diharapkan pasien hendaknya dapat menerapkan edukasi perasan air labu siam secara rutin dan mandiri.

Kata kunci : Edukasi, Hipertensi, Nyeri Akut
Daftar bacaan : 28 (2011 - 2024)

*POLTEKKES MINISTRY OF HEALTH TANJUNGKARANG
NURSING DEPARTMENT
DIPLOMA NURSING PROGRAM KOTABUMI*

*Scientific papers, May 2025
Riska Jaya Rian Tina*

*PROVIDING EDUCATION ON CHIAM PUMPKIN JUICE TO HYPERTENSION
PATIENTS WITH ACUTE PAIN NURSING PROBLEMS IN WORK AREA OF
KALIBALANGAN COMMUNITY HEALTH CENTER*

xvii + 61 pages + 12 table + 2 pictures + 7 appendices

ABSTRACT

Hypertension is a condition where there is an increase in blood pressure above the normal threshold, namely 120/90 mmHg. If blood pressure is more than 140/90 mmHg, it is considered hypertension. He purpose of writing this final report is to obtain an overview in providing education on the use of chayote juice for blood pressure in the Kalibalangan Health Center Work Area, North Lampung. The research design uses a case study with a nursing care approach. The intervention provided is the provision of education on chayote juice drunk in the morning and evening. Implementation was carried out for 3 days. The results obtained included decreased pain scale, decreased insomnia complaints, clients understood their illness and decreased blood pressure. The conclusion of this case study is that providing education on squeezing chayote juice can reduce pain and blood pressure in hypertensive patients. The suggestion from this case study is that patients should be able to apply education on squeezing chayote juice routinely and independently.

*Keywords : Gerontic Medical Nurse, Hypertension, Acute Pain
Reference : 28 (2011 – 2024)*