

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN
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Suci Febriantika

PENERAPAN TERAPI *MASSAGE EFFLEURAGE* PADA LANSIA
PENDERITA HIPERTENSI YANG MENGALAMI MASALAH
KEPERAWATAN NYERI KRONIS DI WILAYAH KERJA PUSKESMAS
KOTABUMI I LAMPUNG UTARA

xviii + 35 halaman + 2 tabel + 3 gambar + 5 lampiran

ABSTRAK

Hipertensi atau tekanan darah tinggi memiliki manifestasi klinis, salah satunya sakit kepala di bagian belakang atau tengkuk. Lansia yang mengalami hipertensi membutuhkan terapi relaksasi *massage effleurage* untuk mengatasi nyeri kronis sehingga dapat mengontrol hipertensi. Penelitian ini bertujuan memperoleh gambaran penerapan terapi *massage effleurage* pada lansia penderita hipertensi yang mengalami masalah keperawatan nyeri kronis di Wilayah Kerja Puskesmas Kotabumi I Lampung Utara. Metode penelitian ini menggunakan tindakan keperawatan berupa terapi *massage effleurage* kepada Ny. R dengan masalah keperawatan nyeri kronis di Wilayah Kerja Puskesmas Kotabumi I Lampung Utara. Diagnosis yang ditegakkan adalah, nyeri kronis, gangguan rasa nyaman dan risiko perfusi serebral tidak efektif. Intervensi yang diberikan *massage effleurage*, didahului dengan edukasi mengenai hipertensi. Implementasi ini dilaksanakan selama 3 hari. Evaluasi yang diperoleh adalah meliputi tingkat nyeri menurun menjadi skala 1, keluhan nyeri menurun, frekuensi nadi membaik 80x/menit, keluhan tidak nyaman menurun, dan tekanan darah sistolik dan diastolik membaik 135/90 mmHg. Kesimpulannya terapi *massage effleurage* efektif mengatasi nyeri kronis dan berhasil menurunkan tekanan darah. Disarankan bagi peneliti selanjutnya untuk menyesuaikan jenis minyak yang digunakan dalam terapi *massage effleurage* dengan preferensi klien, baik itu minyak beraroma maupun minyak urut.

Kata kunci : *Massage effleurage*, hipertensi, nyeri kronis

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IMPLEMENTATION OF EFFLEURAGE MASSAGE THERAPY FOR
HYPERTENSIVE ELDERLY NURSING PROBLEM : CHRONIC PAIN IN THE
WORKING AREA OF KOTABUMI I COMMUNITY HEALTH CENTER NORTH
LAMPUNG

xviii + 35 page + 2 table + 3 picture + 5 appendices

ABSTRACT

Hypertension or high blood pressure has clinical manifestations, one of which is headache in the back of the head or nape. Elderly individuals with hypertension require relaxation therapy such as effleurage massage to manage chronic pain, which in turn can help control hypertension. This study aims to describe the application of effleurage massage therapy in elderly patients with hypertension experiencing the nursing problem of chronic pain in the Working Area of Kotabumi I Public Health Center, North Lampung. The research method involved providing nursing care through effleurage massage therapy to Mrs. R, who had the nursing problem of chronic pain in the Working Area of Kotabumi I Public Health Center, North Lampung. The established diagnoses were chronic pain, impaired comfort, and risk of ineffective cerebral perfusion. The intervention given was effleurage massage, preceded by education about hypertension. The implementation was carried out over three days. The evaluation results showed a reduction in pain level to a scale of 1, decreased complaints of pain, improved pulse rate at 80 beats per minute, reduced discomfort, and improved systolic and diastolic blood pressure at 135/90 mmHg. The conclusion is that effleurage massage therapy is effective in relieving chronic pain and successfully lowering blood pressure. It is recommended that future researchers tailor the type of oil used in effleurage massage therapy according to the client's preferences, whether it is aromatic oil or massage oil.

Keywords : Effleurage massage, hypertension, chronic pain

Reference : 37 (2015-2025)