

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
KEPERAWATAN TANJUNGPURUN**

Laporan Karya Tulis Ilmiah, Juni Tahun 2025

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**ASUHAN KEPERAWATAN KELUARGA IBU. R DENGAN
MASALAH KESEHATAN HIPERTENSI
DI DESA HAJIMENA
TAHUN 2025**

xiv+ 83 halaman + 15 tabel + 3 gambar + 10 lampiran

ABSTRAK

Hipertensi merupakan masalah kesehatan dunia. Sebanyak 6,7 miliar orang di dunia terkena penyakit hipertensi, dan mengalami peningkatan dari waktu ke waktu. (*World Health Organization*, 2019) Prevalensi hipertensi di dunia mencapai 22% dengan prevalensi tertinggi pada daerah Afrika sebesar 32,7%, Prevalensi penyakit hipertensi di Indonesia meningkat dari 25,8% menjadi 34,1% (Risked, 2018) sementara di Provinsi Lampung mencapai 29,9% (Dinkes Provinsi Lampung, 2023). Data Puskesmas Hajimena (2024) Hipertensi menduduki peringkat nomor 1 dengan persentase 72,6% sebagai masalah kesehatan umum berisiko tinggi yang sangat umum. Laporan Karya Tulis Ilmiah ini bertujuan melaksanakan asuhan keperawatan keluarga dalam penanganan hipertensi melalui pengkajian, diagnosis, intervensi, implementasi dan evaluasi. Metode yang dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta pendekatan lima tugas kesehatan keluarga yaitu: mengenal masalah kesehatan, mengambil keputusan, merawat anggota keluarga sakit, memodifikasi lingkungan, dan memanfaatkan fasilitas kesehatan. Hasil pengkajian menunjukkan diagnosis gangguan rasa nyaman pada Ibu.R, yang ditindaklanjuti melalui intervensi kompres hangat dan pendekatan lima tugas kesehatan keluarga. Setelah implementasi dan evaluasi membuktikan kompres hangat efektif meningkatkan kenyamanan, sementara seluruh tugas kesehatan keluarga tercapai, termasuk peningkatan pemahaman hipertensi, pengambilan keputusan untuk perubahan gaya hidup, kemampuan merawat anggota keluarga, modifikasi lingkungan dan komitmen memeriksakan kesehatan secara berkala. Hasil kesimpulan asuhan keperawatan keluarga Ibu.R (75 tahun, TD 157/89 mmHg) berfokus pada peningkatan pemahaman keluarga tentang hipertensi, penanganan dan pencegahan komplikasi. Melalui intervensi seperti edukasi kesehatan, pelatihan kompres hangat, dan modifikasi lingkungan, keluarga kini mampu mengenali masalah hipertensi, serta memanfaatkan fasilitas kesehatan. Evaluasi menunjukkan keberhasilan dalam peningkatan pengetahuan dan keterampilan keluarga dalam mengelola hipertensi. Disarankan Puskesmas meningkatkan sosialisasi Prolanis, berkolaborasi dengan kader posyandu, dan menyediakan jadwal kunjungan Prolanis bagi pekerja.

Kata Kunci: Hipertensi, Asuhan Keperawatan Keluarga, Gangguan Rasa Nyaman

Bahan bacaan: 41 (2010-2023)

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**FAMILY NURSING CARE FOR HYPERTENSION HEALTH
PROBLEM HAJIMENA VILLAGE
IN 2025**

xiv+ 83 pages + 15 tables + 3 figures + 10 appendices

ABSTRACT

Hypertension is a global health problem. As many as 6.7 billion people in the world suffer from hypertension, and it has increased over time. (World Health Organization, 2019) The prevalence of hypertension in the world reaches 22% with the highest prevalence in Africa at 3-27%, The prevalence of hypertension in Indonesia increased from 25.8% to 34.1% (Riskedas, 2018) while in Lampung Province it reached 29.9% (Lampung Provincial Health Office, 2023). Data from the Hajimena Health Center (2024) Hypertension is ranked number 1 with a percentage of 72.6% as a very common high-risk public health problem. This Final Assignment Report aims to implement family nursing care in handling hypertension through assessment, diagnosis, intervention, implementation and evaluation. The method used was interviews, observations, physical examinations, and the five family health task approach, namely: recognizing health problems, making decisions, caring for sick family members, modifying the environment, and utilizing health facilities. The results of the assessment showed a diagnosis of a sense of comfort disorder in Mrs. R, which was followed up through warm compress interventions and the five family health task approach. After implementation and evaluation, it was proven that warm compresses were effective in increasing comfort, while all family health tasks were achieved, including increasing understanding of hypertension, decision making for lifestyle changes, ability to care for family members, environmental modification and commitment to regular health checks. Conclusion of the nursing assessment of Mrs. R's family (75 years old, BP 157/89 mmHg) focuses on improving family understanding of hypertension, treatment and prevention of complications. Through interventions such as health education, warm compress training, and environmental modification, families are now able to recognize hypertension problems, and utilize health facilities. Evaluation shows success in improving family knowledge and skills in managing hypertension. It is recommended that the Health Center increase the socialization of Prolanis, collaborate with Posyandu cadres, and provide a Prolanis visit schedule for workers.

Keywords: Hypertension, Family Nursing Care, Disturbance of Comfort

References: 41 (2010-2023)