

**POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PROGRAM STUDI DIII KEPERAWATAN TANJUNGPUR**

Karya Tulis Ilmiah, Tahun 2025
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**ASUHAN KEPERAWATAN KELUARGA DENGAN
MASALAH VERTIGO PADA Nn. D DI DESA
MERAK BATIN KECAMATAN NATAR
KABUPATEN LAMPUNG SELATAN
TAHUN 2025**

xiii + 75 halaman + 7 tabel + 11 lampiran

ABSTRAK

Kasus vertigo di Desa Merak Batin, Kecamatan Natar, Kabupaten Lampung Selatan masih menjadi tantangan. Berdasarkan data Puskesmas Natar tahun 2024, tercatat 57 kasus vertigo dengan jumlah penderita laki-laki 34 orang dan perempuan 23 orang. Karya Tulis Ilmiah (KTI) ini bertujuan memberikan gambaran pelaksanaan asuhan keperawatan keluarga pada Nn. D dengan masalah vertigo di Desa Merak Batin, Kecamatan Natar, Kabupaten Lampung Selatan Tahun 2025. Laporan Karya Tulis Ilmiah ini bertujuan untuk menggambarkan pelaksanaan asuhan keperawatan keluarga pada Nn. D yang mengalami vertigo. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik. Proses keperawatan dilaksanakan melalui pendekatan keluarga, mencakup pengkajian kondisi pasien dan keluarga, penetapan diagnosis, penyusunan rencana, pelaksanaan intervensi, dan evaluasi hasil. Hasil pengkajian menunjukkan Nn. D mengalami pusing berputar, mual, sulit beraktivitas, pandangan kabur, dan nyeri kepala, dan pada pengkajian tugas utama keluarga (TUK) didapatkan ketidakmampuan keluarga mengenal vertigo. Diagnosis keperawatan yang ditegakkan adalah gangguan rasa nyaman berhubungan dengan ketidakmampuan keluarga mengenal masalah kesehatan. Intervensi dilakukan melalui edukasi kesehatan, teknik relaksasi napas dalam, dan pemberian terapi komplementer berupa seduhan jahe. Implementasi dilaksanakan selama 4 hari, dari tanggal 8 sampai 11 Januari 2025. Setelah dilakukan intervensi didapatkan hasil penurunan keluhan vertigo, keluarga mampu mengatasi masalah gangguan rasa nyaman dan meningkatnya pemahaman keluarga tentang vertigo. Studi kasus ini diharapkan dapat meningkatkan pengetahuan serta wawasan tentang asuhan keperawatan keluarga dengan vertigo bagi peneliti, diharapkan menambah keluasan ilmu bagi perkembangan ilmu keperawatan dan diharapkan keluarga dapat menerapkan intervensi yang telah diberikan.

Kata kunci: Asuhan Keperawatan, Keluarga, Vertigo
Daftar bacaan: (2016-2024)

**TANJUNGPURONG HEALTH POLYTECHNIC
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**FAMILY NURSING CARE WITH VERTIGO PROBLEMS IN
MISS D IN MERAK BATIN VILLAGE, NATAR DISTRICT,
SOUTH LAMPUNG REGENCY,
2025**

xiii + 75 pages + 7 tables + 11 attachments

ABSTRACT

Vertigo Cases in Merak Batin Village, Natar Sub-district, South Lampung Regency remain a challenge. According to data from Natar Public Health Center in 2024, there were 57 recorded cases of vertigo, with 34 male and 23 female sufferers. This Scientific Paper aims to provide an overview of the implementation of family nursing care for Ms. D, who suffers from vertigo in Merak Batin Village, Natar Sub-district, South Lampung Regency in 2025. This report aims to describe the implementation of family nursing care for Ms. D experiencing vertigo. Data were collected through interviews, observation, and physical examination. The nursing process was carried out using a family approach, including patient and family assessment, diagnosis determination, care planning, intervention implementation, and evaluation of outcomes. The assessment results showed that Ms. D experienced spinning dizziness, nausea, difficulty performing activities, blurred vision, and headaches. In the assessment of the family's main tasks (TUK), it was found that the family lacked the ability to recognize vertigo. The nursing diagnosis established was impaired comfort related to the family's inability to recognize health problems. Interventions were carried out through health education, deep breathing relaxation techniques, and complementary therapy using ginger infusion. Implementation took place over 4 days, from January 8 to January 11, 2025. After the interventions, there was a reduction in vertigo complaints, the family was able to manage the impaired comfort issue, and there was an improvement in the family's understanding of vertigo. This case study is expected to enhance knowledge and insight regarding family nursing care for vertigo patients, contribute to the development of nursing science, and enable the family to apply the interventions provided.

Keywords : nursing care, vertigo

Reading list : (2016-2016)