

## ABSTRAK

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Program Studi : Profesi Ners  
Judul : Analisis Asuhan Keperawatan Nyeri akut pada pasien hipertensi dengan teknik nafas dalam inovasi *Pursed Lips Breathing* di RS Mawaddah Medika Ngoro Kabupaten Mojokerto  
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Nyeri akut pada pasien hipertensi menimbulkan ketidaknyamanan bagi penderitanya sehingga harus diberikan asuhan keperawatan yang tepat. Tujuan dari asuhan keperawatan ini adalah mampu mengaplikasikan analisis Asuhan Keperawatan Nyeri akut pada pasien hipertensi dengan teknik nafas dalam inovasi *Pursed Lips Breathing* di rs mawaddah medika ngoro kabupaten mojokerto. Hasil dari asuhan keperawatan secara menyeluruh selama 3x pertemuan pada pasien, dalam pengkajian data dasar ditemukan data subjektif dan data objektif yang menunjukkan ketiga pasien mengalami nyeri akut berupa *cephalgia*. Rencana asuhan sesuai dengan yang diimplementasikan dalam asuhan keperawatan sesuai dengan standar intervensi keperawatan Indonesia. Perbedaan hasil evaluasi Pada hari ketiga pemberian asuhan keperawatan, Klien 1 mengatakan nyeri kepala bagian belakang sudah reda, TD: 150/90 mmHg, N: 80x/menit, S: 36,3° C, RR: 20 x/menit, skala nyeri 2, masalah nyeri akut teratasi, dan intervensi dihentikan. Pada hari ketiga, Klien 2 nyeri kepala berputar kepala hampir sudah reda, TD: 140/90 mmHg, N: 80 x/menit, S: 36,3°C, RR : 20x/menit, Skala nyeri 1, masalah nyeri akut teratasi, dan intervensi dihentikan. Klien 3 mengatakan nyeri kepala hampir sudah reda, TD: 140/80 mmHg, N: 84 x/menit, S: 36,3°C, RR : 20x/menit, Skala nyeri 1, masalah nyeri akut teratasi, dan intervensi dihentikan. *Pursed lips breathing* dapat menurunkan nyeri dengan memberikan efek akut akibat stimulasi saraf parasimpatis yang menyebabkan vasodilatasi dan merangsang hormone endorphin dan enkefalin yang memberikan efek tenang sehingga nyeri akibat vasokonstriksi dapat diturunkan. Perawat disarankan untuk mengajarkan teknik *pursed lips breathing* dalam mengurangi nyeri karena dapat mengurangi nyeri yang dialami klien.

**Kata Kunci:** nyeri akut, hipertensi, *Pursed Lips Breathing*

## ABSTRACT

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Acute pain in hypertensive patients causes discomfort for sufferers, so proper nursing care must be given. The purpose of this nursing care was to be able to apply acute pain nursing care to hypertensive patients at the Mawaddah Medika Ngoro Hospital, Mojokerto Regency. The results of nursing care as a whole for 3x meetings with patients, in the review of the basic data found subjective data and objective data which showed that the three patients experienced acute pain in the form of *cephalgia*. The plan of care was in accordance with what was implemented in nursing care in accordance with Indonesian nursing intervention standards. Differences in evaluation results On the third day of providing nursing care, Client 1 said the headache in the back had subsided, BP: 150/90 mmHg, N: 80 x/minute, S: 36.3o C, RR: 20 x/minute, pain scale 2, acute pain problem resolved, and intervention discontinued. On the third day, Client 2 headaches, spinning heads have almost subsided, BP: 140/90 mmHg, N: 84 x/minute, S: 36.3oC, RR: 20x/minute, pain scale 1, acute pain problem resolved, and intervention was stopped. Client 3 said the headache had almost subsided, BP: 140/80 mmHg, N: 84 x/minute, S: 36.2oC, RR: 20x/minute, pain scale 1, acute pain problem was resolved, and the intervention was stopped. Pursed lips breathing can reduce pain by providing an acute effect due to stimulation of the parasympathetic nerves which causes vasodilation and stimulates endorphins and enkephalin hormones which provide a calming effect so that pain due to vasoconstriction can be reduced. Nurses are advised to teach pursed lips breathing techniques in reducing pain because it can reduce the pain experienced by clients.

**Keywords: acute pain, hypertension, deep breathing relaxation**