

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Gerontik pada Pasien Hipertensi Melalui Intervensi Pemberian Jus Mentimun di UPT Pesanggrahan PMKS Majapahit Mojokerto
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Hipertensi merupakan salah satu penyakit kronis yang banyak dialami oleh lansia sebagai akibat dari proses penuaan yang menyebabkan elastisitas pembuluh darah menurun. Kondisi tersebut dapat memicu peningkatan tekanan darah disertai keluhan nyeri kepala, terutama pada bagian tengkuk, sehingga aktivitas sehari-hari dan kualitas hidup penderita menjadi terganggu. Selain terapi farmakologis, penatalaksanaan hipertensi dapat didukung dengan terapi nonfarmakologis, salah satunya melalui konsumsi jus mentimun. Kandungan kalium, magnesium, antioksidan, serta kadar air yang tinggi pada mentimun diduga berperan dalam membantu menurunkan tekanan darah. Penulisan studi kasus ini bertujuan menganalisis penerapan asuhan keperawatan gerontik pada lansia dengan hipertensi melalui pemberian jus mentimun di UPT Pesanggrahan PMKS Majapahit Mojokerto. Metode yang digunakan adalah studi kasus deskriptif terhadap satu pasien lansia yang menjalani asuhan keperawatan selama tiga hari (3×24 jam), meliputi tahap pengkajian, penetapan diagnosis keperawatan, penyusunan intervensi, implementasi, dan evaluasi. Intervensi dilakukan dengan memberikan jus yang dibuat dari 200 gram mentimun dan 100 mL air matang, kemudian dikonsumsi satu kali setiap hari setelah sarapan selama tiga hari berturut-turut. Pengumpulan data dilakukan melalui wawancara, observasi menggunakan metode PQRST, pemeriksaan fisik, serta pengukuran tekanan darah sebelum dan sesudah intervensi. Hasil menunjukkan adanya penurunan tekanan darah dari 167/96 mmHg menjadi 139/88 mmHg, penurunan skala nyeri dari 6 menjadi 2, peningkatan kualitas tidur, pasien tampak lebih rileks, serta mampu melakukan aktivitas harian dengan lebih nyaman tanpa efek samping yang ditemukan selama intervensi. Pemberian jus mentimun dapat menjadi terapi komplementer yang mendukung asuhan keperawatan gerontik dalam membantu mengendalikan tekanan darah dan mengurangi keluhan nyeri pada lansia dengan hipertensi.

Kata kunci: Asuhan keperawatan, Lansia, Hipertensi, Jus mentimun, Nyeri kronis.

ABSTRACT

Name : Adinda Dwi Nurmarita Sari
Study Program : Nursing Profession
Title : Analysis of Gerontic Nursing Care in a Patient with Hypertension Through Cucumber Juice Intervention at UPT Pesanggrahan PMKS Majapahit Mojokerto
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Hypertension is one of the most common chronic diseases among older adults due to decreased vascular elasticity associated with the aging process. This condition may lead to elevated blood pressure accompanied by headaches, particularly in the occipital region, which can interfere with daily activities and reduce quality of life. In addition to pharmacological treatment, non-pharmacological therapy such as cucumber juice consumption may serve as a complementary intervention. Cucumber contains potassium, magnesium, antioxidants, and high water content, which may contribute to blood pressure control. This case study aimed to analyze the implementation of gerontological nursing care for an older adult with hypertension through the administration of cucumber juice at UPT Pesanggrahan PMKS Majapahit Mojokerto. A descriptive case study design was employed involving one older adult with hypertension who received nursing care for three consecutive days (3 × 24 hours), including assessment, nursing diagnosis, intervention, implementation, and evaluation. The intervention consisted of administering cucumber juice prepared from 200 grams of cucumber blended with 100 mL of boiled water, given once daily after breakfast for three consecutive days. Data were collected through interviews, PQRST-based pain assessment, physical examination, and blood pressure measurements before and after the intervention. The findings demonstrated an improvement in the patient's condition, as indicated by a reduction in blood pressure from 167/96 mmHg to 139/88 mmHg, a decrease in pain intensity from a score of 6 to 2, improved sleep quality, a more relaxed condition, and greater comfort in performing daily activities without any reported adverse effects. These findings suggest that cucumber juice may be considered a complementary non-pharmacological therapy to support gerontological nursing care in controlling blood pressure and reducing pain among older adults with hypertension.

Keywords: Nursing care, Older adults, Hypertension, Cucumber juice, Chronic pain.