

ABSTRAK

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Judul : Analisis Asuhan Keperawatan Nyeri Akut Pada Ny. S Dengan
Diagnosis Medis Hipertensi Emergensi Menggunakan Terapi Inovasi
Progressive Muscle Relaxation (PMR) Di Rsi Sakinah Mojokerto
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Hipertensi emergensi merupakan kondisi kegawatdaruratan medis yang ditandai dengan peningkatan tekanan darah yang disertai kerusakan organ target sehingga memerlukan penanganan segera untuk mencegah komplikasi yang mengancam jiwa. Selain terapi farmakologis, intervensi keperawatan komplementer seperti *Progressive Muscle Relaxation* (PMR) dapat membantu mengurangi nyeri kepala dan mendukung pengendalian tekanan darah. Penelitian ini bertujuan menganalisis penerapan asuhan keperawatan pada pasien hipertensi emergensi dengan diagnosis keperawatan nyeri akut melalui edukasi kesehatan yang dipadukan dengan terapi PMR. Penelitian menggunakan metode studi kasus pada seorang pasien, yaitu Ny. S, yang dirawat di RSI Sakinah Mojokerto. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi rekam medis. Intervensi diberikan selama tiga hari berupa edukasi mengenai pengelolaan hipertensi serta latihan PMR. Evaluasi mengacu pada Standar Luaran Keperawatan Indonesia (SLKI). Hasil menunjukkan adanya penurunan nyeri pada hipertensi dan kemampuan melakukan PMR secara mandiri. Intensitas nyeri kepala menurun dari skala 7 menjadi 2, sedangkan tekanan darah mengalami penurunan dari 210/110 mmHg menjadi 150/90 mmHg. Pasien juga tampak lebih rileks, kualitas tidur membaik, serta memahami pentingnya kepatuhan terhadap terapi dan perubahan gaya hidup. Penerapan asuhan keperawatan yang dikombinasikan dengan terapi PMR terbukti membantu menurunkan nyeri kepala, meningkatkan pengetahuan pasien, dan mendukung pengendalian tekanan darah. PMR dapat dijadikan sebagai intervensi komplementer dalam praktik keperawatan pada pasien hipertensi emergensi setelah kondisi hemodinamik stabil.

Kata kunci: hipertensi emergensi, Nyeri Akut, *Progressive Muscle Relaxation*, asuhan keperawatan, terapi komplementer.

ABSTRACT

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Title : Analysis of Nursing Care for Acute Pain in Mrs. S with Medical
Diagnosis of Hypertensive Emergency Using Progressive Muscle
Relaxation (PMR) Innovation Therapy at RSI Sakinah Mojokerto
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Hypertensive emergency is a medical emergency characterized by a severe elevation in blood pressure accompanied by target organ damage, requiring immediate management to prevent life-threatening complications. In addition to pharmacological therapy, complementary nursing interventions such as Progressive Muscle Relaxation (PMR) may help reduce headache intensity and support blood pressure control. This study aimed to analyze the implementation of nursing care for a patient with a hypertensive emergency diagnosed with acute pain through health education combined with PMR therapy. A case study method was conducted on one patient, Mrs. S, who was hospitalized at Sakinah Islamic Hospital, Mojokerto. Data were collected through interviews, observation, physical examination, and review of medical records. The intervention was implemented over three consecutive days and consisted of health education on hypertension management and PMR exercises. Outcomes were evaluated based on the Indonesian Nursing Outcomes Standards (Standar Luaran Keperawatan Indonesia/SLKI). The results demonstrated a reduction in pain intensity and an improvement in the patient's ability to perform PMR independently. The patient's headache intensity decreased from a pain score of 7 to 2, while blood pressure decreased from 210/110 mmHg to 150/90 mmHg. The patient also appeared more relaxed, experienced improved sleep quality, and demonstrated a better understanding of the importance of treatment adherence and lifestyle modification. The implementation of nursing care combined with PMR therapy was shown to reduce headache intensity, improve patient knowledge, and support blood pressure control. PMR may be considered a complementary nursing intervention for patients with hypertensive emergencies after hemodynamic stability has been achieved.

Keywords: hypertensive emergency, knowledge deficit, Progressive Muscle Relaxation, nursing care, complementary therapy.