

ABSTRAK

ASUHAN KEPERAWATAN DENGAN MASALAH NYERI AKUT PADA PASIEN HIPERTENSI DI RSUD WAHIDIN SUDIRO

HUSODO KOTA MOJOKERTO

OLEH : AINUN MUFIDAH

Hipertensi sering disertai nyeri akut kepala akibat peningkatan tekanan vaskuler serebral sehingga memerlukan penatalaksanaan komprehensif. Studi kasus ini bertujuan melaksanakan asuhan keperawatan pada pasien hipertensi dengan masalah nyeri akut di RSUD Wahidin Sudiro Husodo Kota Mojokerto. Desain penelitian deskriptif dengan pendekatan studi kasus pada dua partisipan (Tn. P usia 70 tahun dan Ny. S usia 71 tahun) yang memenuhi kriteria: usia >60 tahun, hipertensi grade 2, dan kesadaran compos mentis. Pengumpulan data melalui wawancara, observasi, dan dokumentasi. Asuhan keperawatan meliputi pengkajian, diagnosis nyeri akut, intervensi manajemen nyeri (identifikasi PQRST, kompres hangat, kontrol lingkungan, kolaborasi analgesik), implementasi, dan evaluasi selama 3 hari. Hasil menunjukkan kedua partisipan mengalami penurunan skala nyeri (Tn. P dari skala 6 menjadi 4; Ny. S dari skala 5 menjadi 3), tekanan darah membaik (Tn. P 140/85 mmHg; Ny. S 150/90 mmHg), frekuensi nadi menurun, serta tanda meringis dan gelisah berkurang. Evaluasi pada hari ketiga menyatakan nyeri akut teratasi. Asuhan keperawatan yang diberikan sesuai standar SDKI, SIKI, dan SLKI. Pemilihan teknik nonfarmakologis berdasarkan karakteristik nyeri (kompres hangat untuk nyeri tegang) terbukti efektif. Discharge planning diberikan untuk mencegah rekurensi.

Kata kunci: Hipertensi, nyeri akut, asuhan keperawatan, manajemen nyeri

ABSTRACT

NURSING CARE FOR HYPERTENSIVE PATIENTS WITH ACUTE PAIN

PROBLEMS AT WAHIDIN SUDIRO HUSODO REGIONAL GENERAL

HOSPITA MOJOKERTO CITY

BY : AINUN MUFIDAH

Hypertension is often accompanied by acute headache due to increased cerebral vascular pressure, requiring comprehensive management. This case study aimed to implement nursing care for hypertensive patients with acute pain at Wahidin Sudiro Husodo Regional General Hospital, Mojokerto City. A descriptive design with a case study approach was conducted on two participants (Mr. P, aged 70, and Mrs. S, aged 71) meeting the criteria: age >60 years, grade 2 hypertension, and compos mentis consciousness. Data were collected through interviews, observation, and documentation. Nursing care included assessment, diagnosis of acute pain, pain management interventions (PQRST identification, deep breathing relaxation, warm compresses, environmental control, analgesic collaboration), implementation, and evaluation over three days. The results showed both participants experienced decreased pain scale (Mr. P from 6 to 4; Mrs. S from 5 to 3), improved blood pressure (Mr. P 140/85 mmHg; Mrs. S 150/90 mmHg), decreased pulse rate, and reduced grimacing and restlessness. Evaluation on day three indicated that acute pain was resolved. The nursing care provided adhered to SDKI, SIKI, and SLKI standards. The selection of non-pharmacological techniques based on pain characteristics (deep breathing for stabbing pain, warm compresses for tension pain) proved effective. Discharge planning was provided to prevent recurrence.

Keywords: Hypertension, acute pain, nursing care, pain management