

ABSTRAK

Nama : Lailatul Sufriyah
Program Studi : Profesi Ners
Judul : Asuhan Keperawatan Keluarga Dengan Komorbiditas Hipertensi Dan Gout Arthritis: Pendekatan Edukasi Diet Rendah Purin Dan Manajemen Stres Di Pkm Dusun Gembongan Desa Jotangan Kabupaten Mojokerto
Pembimbing : Dr. Muhammad Saijidin, S.Kep.,M.Kes

Komorbiditas hipertensi dan gout arthritis meningkatkan risiko komplikasi kardiovaskular. Ketidakpatuhan diet dan manajemen stres menjadi faktor utama ketidakstabilan penyakit. Perawat keluarga berperan penting dalam memberikan edukasi di tatanan rumah. Tujuan : Menerapkan asuhan keperawatan keluarga pada Tn. R dengan komorbiditas hipertensi dan gout arthritis melalui edukasi diet rendah purin dan manajemen stres. Metode Studi kasus pada Tn. R, 56 tahun di Dusun Krajan, Desa Jatongan, Mojokerto. Pengkajian 20 Mei 2026 via home visit. Diagnosis berdasarkan SDKI 2023. Intervensi SIKI selama 3 hari: edukasi diet rendah purin + DASH, demonstrasi menu, relaksasi nafas 4-7-8, dan kompres hangat. Evaluasi dengan SLKI. Hasil : 2 diagnosa: D.0117 Defisiensi Pengetahuan dan D.0077 Nyeri Akut. Data: TD 165/105 mmHg, AU 9,1 mg/dL, nyeri skala 5, skor pengetahuan 35. Setelah intervensi, pengetahuan meningkat. Klien mampu menyebut makanan pantangan dan anjuran. Skala nyeri turun menjadi 3. Masalah nyeri belum tuntas, intervensi dilanjutkan. Kesimpulan : Edukasi diet rendah purin dan manajemen stres efektif meningkatkan pengetahuan dan menurunkan nyeri. Edukasi berkelanjutan oleh perawat komunitas diperlukan untuk kepatuhan. Keterbatasan: waktu intervensi singkat.

Kata kunci: Asuhan Keperawatan Keluarga, Hipertensi, Gout Arthritis, Diet Rendah Purin, Manajemen Stres

ABSTRACT

Nama : Lailatul Sufriyah
Program Studi : Profesi Ners
Judul : Asuhan Keperawatan Keluarga Dengan Komorbiditas Hipertensi Dan Gout Arthritis: Pendekatan Edukasi Diet Rendah Purin Dan Manajemen Stres Di Pkm Dusun Kabupaten Mojokerto
Pembimbing : Dr. Muhammad Sajidin,S.Kep.,M.Kes

Comorbidity of hypertension and gout arthritis increases the risk of cardiovascular complications. Dietary non-adherence and poor stress management are major factors of disease instability. Family nurses play an important role in providing education at home. Objective: To apply family nursing care to Mr. R with hypertension and gout arthritis comorbidity through low-purine diet education and stress management. Method: A case study of Mr. R, 56 years old in Krajan Village, Jatongan, Mojokerto. Assessment was conducted on May 20, 2026 through home visit. Nursing diagnoses were based on SDKI 2023. Interventions based on SIKI were given for 3 days: low-purine + DASH diet education, menu demonstration, 4-7-8 breathing relaxation, and warm compress. Evaluation used SLKI. Result: Two nursing diagnoses were found: D.0117 Deficient Knowledge and D.0077 Acute Pain. Data: BP 165/105 mmHg, uric acid 9.1 mg/dL, pain scale 5, knowledge score 35. After intervention, knowledge improved. The client could mention prohibited and recommended foods. Pain scale decreased to 3. Acute pain was not fully resolved, so intervention was continued at home. Conclusion: Low-purine diet education and stress management were effective in improving family knowledge and reducing pain. Continuous education by community nurses is needed for adherence. Limitation: short intervention period.

Keywords: Family Nursing Care, Hypertension, Gout Arthritis, Low-Purine Diet, Stress Management