

## ABSTRAK

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Program Studi : Profesi Ners

Judul : Analisis Asuhan Keperawatan Nyeri Akut Dengan Penerapan Slow Deep Breathing Pasien Hipertensi Di Ruang Sunan Gunung Jati Rs Sakinah Kota Mojokerto

Pembimbing :

Gejala hipertensi salah satunya adalah nyeri kepala, Nyeri akut terjadi dengan intensitas nyeri ringan hingga nyeri berat selama kurang dari tiga bulan. pengobatan non farmakologi nyeri kepala karena hipertensi dapat dilakukan relaksasi slow deep breathing exercise. Tujuan penulisan karya ilmiah ini yaitu memberikan gambaran serta Analisis Asuhan Keperawatan Nyeri Akut Dengan Penerapan Slow Deep Breathing Pasien Hipertensi Di Ruang Sunan Gunung Jati Rs Sakinah Kota Mojokerto. Teknik slow deep breathing ini dilakukan selama 1 menit dengan jeda 2 detik setiap pengulangan, mengikuti dengan periode istirahat 2 menit, melakukan latihan dalam lima siklus selama 15 menit. Hasil evaluasi menunjukkan bahwa intervensi ini dapat menurunkan skala nyeri pasien dari 6 ke 4, nyeri saat beraktifitas menurun, cekot-cekot menurun, stres berkurang. Penerapan intervensi ini dilakukan dalam keadaan semi fowler atau fowler ketika ada ditempat tidur atau kursi. Latihan ini digunakan sebagai salah satu alternatif bagi pasien dengan nyeri akut pada kasus hipertensi.

Kata kunci : nyeri akut, slow deep brathing, hipertensi.

## ABSTRACT

Name : Delia Rika Ananda

Study Program : Nurse Professional Program

Title : Analysis of Acute Pain Nursing Care Using Slow Deep Breathing for Hypertensive Patients in the Sunan Gunung Jati Ward, Sakinah Hospital, Mojokerto City

Supervisor :

Headache is one of the symptoms of hypertension. Acute pain is characterized by an intensity ranging from mild to severe, lasting for less than three months. Non-pharmacological management of hypertension-related headaches can be achieved through slow deep breathing exercises. This paper aims to describe and analyze the nursing care provided for acute pain—specifically through the application of slow deep breathing—to hypertensive patients in the Sunan Gunung Jati Ward at Sakinah Hospital, Mojokerto City. The slow deep breathing technique involves a one-minute exercise period with a two-second pause between repetitions, followed by a two-minute rest period; the exercise is performed in five cycles over a total of 15 minutes. Evaluation results indicate that this intervention successfully reduced the patients' pain scale from 6 to 4, while also alleviating pain associated with activity, reducing throbbing sensations, and lowering stress levels. The intervention is administered with the patient in a semi-Fowler or Fowler position, whether in bed or seated in a chair. This exercise serves as a viable alternative for managing acute pain in cases of hypertension.

Keywords: acute pain, slow deep breathing, hypertension.