

ABSTRAK

Asuhan Keperawatan Pada Pasien Tn. A.R Dengan Diagnosa Medis Hipertensi Di Ruang Penyakit Dalam (RPD) III RSUD Ende

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Hipertensi merupakan salah satu masalah kesehatan utama di seluruh penjuru dunia. Sebanyak tiga per empat kematian akibat penyakit jantung dan stroke muncul di negara berkembang. Diperkirakan 1,4 miliar populasi di seluruh penjuru dunia memiliki hipertensi dan hanya sekitar 14% dari populasi tersebut yang memiliki tekanan darah terkontrol.

Tujuan penelitian ini mampu melaksanakan asuhan keperawatan pada Tn. A.R dengan diagnosa medis hipertensi di ruangan penyakit dalam (RPD) III RSUD Ende.

Metode yang digunakan metode studi kasus dengan pendekatan asuhan keperawatan yang meliputi pengkajian, diagnosa keperawatan, intervensi keperawatan, implementasi dan evaluasi keperawatan.

Hasil studi kasus Tn. A.R dilaksanakan berdasarkan pendekatan proses keperawatan ditemukan pasien mengatakan nyeri pada kepala, leher terasa tegang, badan lemah, nyeri kepala bagian belakang menjalar ke depan, skala nyeri 5, sifat nyeri hilang timbul dan terasa seperti tertekan, nyeri yang dirasakan ketika bergerak dan berpindah. Pasien nampak lemah, semua aktivitas seperti mandi, BAB/BAK, berpakaian, dan berpindah tempat dibantu oleh keluarga, GCS 15, tekanan darah 156/87 mmHg, nadi 115x/m, suhu 36,3°C, RR 22x/m, SpO₂ 98%, CRT < 3 detik, berat badan 72 Kg, tinggi badan 180 cm, IMT 22,2 Kg/cm. Evaluasi dari proses asuhan keperawatan selama 3 hari didapatkan bahwa masalah resiko perfusi serebral tidak efektif dibuktikan dengan hipertensi tidak terjadi, nyeri akut berhubungan dengan agen pencedera fisiologis teratasi, intoleransi aktivitas berhubungan dengan kelemahan teratasi.

Kepustakaan : 46 Buah

Kata Kunci : Asuhan Keperawatan, Hipertensi

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ABSTRACT

Nursing Care for Patient Mr. A.R With Medical Diagnosis of Hypertension in Internal Disease Ward (RPD) III RSUD Ende

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Hypertension is one of the major health problems worldwide. three-quarters of deaths due to heart disease and stroke occur in developing countries. it is estimated that 1.4 billion people worldwide have hypertension, and only about 14% of the population has controlled blood pressure.

The purpose of this study is to provide nursing care to Mr. A.R with a medical diagnosis of hypertension in the Internal Disease Ward (RPD) III RSUD Ende.

The method used is a case study approach with nursing care that includes assessment, nursing diagnosis, nursing intervention, implementation, and nursing evaluation. The results of the case study of Mr. A.R, based on the nursing process approach, found that the patient complained of headache, neck tension, weakness, and headache radiating to the front, with a pain scale of 5. The patient appeared weak, and all activities such as bathing, defecation/urination, dressing, and transferring were assisted by family members. The patient's vital signs were : GCS 15, blood pressure 156/87 mmHg, pulse 115x/min, temperature 36.3°C, respiratory rate 22x/min, SpO₂ 98%, CRT<3 seconds, weight 72 kg, height 180 cm, and BMI 22.2 kg/cm.

The evaluation of the nursing care process over 3 days showed that the risk of ineffective cerebral perfusion was not evident, as hypertension did not occur. Acute pain related to physiological injury agents was resolved, and activity intolerance related to weakness was also resolved.

Bibliography : 46 pieces

Keywords : Nursing care, Hypertension

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