

ABSTRAK

**Asuhan Keperawatan Pada Ny. M. S. Dengan Diagnosa Medis Hipertensi Di Ruang Penyakit Dalam III
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Hipertensi merupakan masalah yang besar dan serius karena sering tidak terdeteksi meskipun sudah bertahun-tahun. Hipertensi menimbulkan resiko mortalitas dini, yang meningkat saat tekanan sistolik dan diastolik meningkat.

Tujuan melaksanakan Asuhan Keperawatan Pada Ny. M..S dengan diagnosa medis hipertensi di Ruang Penyakit Dalam III RSUD Ende. Metode yang digunakan meliputi pengkajian, diagnosa, intervensi atau perencanaan, implementasi dan evaluasi.

Hasil ditemukan empat masalah keperawatan pada kasus yaitu nyeri akut berhubungan dengan agen pencedera fisiologis, perfusi perifer tidak efektif berhubungan dengan peningkatan tekanan darah, intoleransi aktivitas berhubungan dengan kelemahan fisik dan gangguan pola tidur berhubungan dengan hambatan lingkungan. Intervensi dan implementasi keperawatan dirancang dan dilaksanakan dengan tindakan dependen seperti observasi, edukasi dan interdependen seperti tindakan kolaborasi. Setelah dilaksanakan implementasi selama 3 hari masalah keperawatan tersebut sudah teratasi.

Setelah dilaksanakan implementasi selama 3 hari masalah keperawatan nyeri akut, perfusi perifer tidak efektif, intoleransi aktivitas dan gangguan pola tidur sudah teratasi. Disarankan pasien dan keluarga agar mengikuti semua anjuran dari petugas kesehatan dengan tujuan mencegah timbulnya komplikasi yang lebih parah.

Kata kunci : Asuhan Keperawatan, Hipertensi

Kepustakaan : 26 Buah (2015-2023)

Keterangan : 1. Mahasiswa Prodi DIII Keperawatan Ende
2. Dosen Pembimbing Program Studi DIII Keperawatan Ende
3. Dosen Penguji Program Studi DIII Keperawatan Ende

ABSTRACT

**Nursing Care for Mrs. M.S with a Medical Diagnosis of Hypertension in Internal Medicine Room III,
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Hypertension is a major and serious problem because it is often undetected even after years. Hypertension poses a risk of premature mortality, which increases as systolic and diastolic pressures increase.

Objective to carry out Nursing Care for Mrs. M. S with a medical diagnosis of hypertension in Internal Medicine Room III, Ende Hospital. The methods used include assessment, diagnosis, intervention or planning, implementation and evaluation.

Results four nursing problems were found in the case, namely acute pain related to physiological injury agents, ineffective peripheral perfusion related to increased blood pressure, activity intolerance related to physical weakness and sleep pattern disorders related to environmental barriers. Nursing interventions and implementations are designed and implemented with dependent actions such as observation, education and interdependent actions such as collaborative actions. After implementing it for a 3 days, the nursing problem had been resolved.

After 3 days of implementation, the nursing problems of acute pain, ineffective peripheral perfusion, activity intolerance and sleep pattern disturbances have been resolved. It is recommended that patients and families follow all recommendations from health workers in order to prevent more severe complications.

Keywords : Nursing Care, Hypertension

Bibliography : 26 buah (2015-2023)

Description : 1. Students of the Diploma III Nursing Study Program in Ende
2. Supervisors of the Diploma III Nursing Study Program in Ende
3. Examiners of the Diploma III Nursing Study Program in Ende

