

## **ASUHAN KEPERAWATAN KELUARGA DENGAN LANSIA HIPERTENSI DI ERA PANDEMI COVID-19 DI WILAYAH KERJA PUSKESMAS MLATI I**

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### **INTISARI**

**Latar Belakang:** Beberapa penyakit degeneratif adalah penyebab utama kematian lansia, hipertensi merupakan penyakit degeneratif yang paling banyak ditemui pada lansia dan bisa mengakibatkan kematian jika tidak dikenali dengan baik. Adanya pandemi COVID-19 semakin mengancam lansia komorbid seperti hipertensi, sehingga perlunya diberikan asuhan keperawatan keluarga dengan lansia hipertensi pada saat pandemi supaya keluarga dapat merawat lansia secara mandiri dan risiko kematian lansia tidak meningkat.

**Tujuan:** Penulisan Karya Tulis Ilmiah ini bertujuan untuk mendapatkan gambaran dalam memberikan asuhan keperawatan keluarga dengan lansia hipertensi di era pandemi COVID-19 di wilayah kerja Puskesmas Mlati I dengan pendekatan keperawatan meliputi pengkajian, perumusan diagnosa keperawatan, perencanaan, implementasi, evaluasi dan dokumentasi keperawatan.

**Metode:** Karya Tulis Ilmiah ini menggunakan metode deskriptif yaitu menggambarkan asuhan keperawatan dalam bentuk studi kasus menggunakan pendekatan keluarga

**Hasil:** Dari asuhan keperawatan yang telah diberikan pada keluarga Ny.L didapatkan tiga diagnosa keperawatan yaitu manajemen kesehatan keluarga tidak efektif, defisit pengetahuan, dan nyeri kronis Berdasarkan kriteria tujuan dari ketiga diagnosa tersebut dua masalah teratasi dan satu masalah teratasi sebagian.

**Kesimpulan:** setelah dilakukan asuhan keperawatan selama 3 kali kunjungan penulis mendapatkan gambaran dalam melakukan asuhan keperawatan keluarga dengan lansia hipertensi di era pandemi COVID-19 di wilayah kerja Puskesmas Mlati I.

**Kata kunci:** asuhan keperawatan keluarga, lansia, hipertensi

## **FAMILY NURSING CARE WITH HYPERTENSION ELDERLY IN THE PANDEMIC COVID-19 IN THE WORK OF PUSKESMAS MLATI I**

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### **ABSTRAC**

**Background:** Several degenerative diseases are the main cause of death in the elderly, hypertension is the most common degenerative disease in the elderly and can lead to death if not recognized properly. The existence of the COVID-19 pandemic is increasingly threatening comorbid elderly people such as hypertension, so it is necessary to provide family nursing care for elderly hypertension during the pandemic so that families can care for the elderly independently and the risk of death of the elderly does not increase.

**Purpose:** Writing this scientific paper aims to get an overview in providing family nursing care for elderly hypertension in the COVID-19 pandemic era in the work area of Mlati I Public Health Center with a nursing approach that includes assessment, nursing diagnosis formulation, planning, implementation, evaluation and nursing documentation

**Methods:** Essay uses descriptive method that describes the nursing care in the form of a case study using a family approach

**Results:** Of the nursing care that has been provided to the family Ny.L obtained three nursing diagnoses are not effective family health management, knowledge deficits, and chronic pain Based on the objective criteria of the three diagnoses, two problems were resolved and one problem was partially resolved.

**Conclusion:** after nursing care for 3 visits, the author gets an overview of family nursing care with hypertensive elderly in the COVID-19 pandemic era in the work area of Mlati I Health Center.

**Keywords:** family nursing care, elderly, hypertension