

**REPORT OF GERONTIC NURSING CARE WITH SLEEP
REQUIREMENT DISORDERS IN GENITEM VILAGE
PUBLIC HEALTH CENTER GODEAN 1**

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ABSTRACT

Introduction: The degenerative process in the elderly causes a decrease in physical, psychological and social conditions. One of the effects of physical changes that are often experienced by the elderly is the occurrence of sleep disturbances. The impact of sleep disorders can be life-threatening either directly or indirectly, so it is necessary to pay attention to the elderly who experience sleep pattern disturbances.

Purpose: Gained real experience of carrying out gerontic nursing care for mothers. S with impaired need for sleep rest according to evidence based nursing.

Methods: The methods used are interviews, observation, physical examination and documentation with a gerontic nursing care process approach.

Results: After intervention for 4 visits in 1 week, the goals for nursing diagnoses of sleep pattern disorders, constipation, memory disorders, and risk of falls were achieved.

Conclusion: Gerontic nursing care for mothers. S from 09-16 May 2022 has been carried out. The study obtained data and established nursing diagnoses of sleep pattern disorders, constipation, memory disorders, and the risk of falling. Planning is made based on SLKI and SIKI. The supporting factor is the active role of the mother's family. S who took care of. While the inhibiting factor is that the client has decreased hearing so that he needs a loud, low voice, shows lip movements, and family help to interact.

Keywords: Nursing care for the elderly, Sleep Disorders.

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**LAPORAN ASUHAN KEPERAWATAN GERONTIK PADA IBU.S
DENGAN GANGGUAN KEBUTUHAN ISTIRAHAT TIDUR
DI DUSUN GENITEM WILAYAH KERJA PUSKESMAS
GODEAN 1 YOGYAKARTA**

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ABSTRAK

Latar Belakang: Proses degeneratif pada lansia menyebabkan terjadinya penurunan kondisi fisik, psikologis dan sosial. Salah satu dampak dari perubahan fisik yang sering dialami lansia adalah terjadinya gangguan tidur. Dampak dari gangguan tidur dapat berupa ancaman jiwa baik secara langsung atau tidak langsung, maka perlu adanya perhatian pada lansia yang mengalami gangguan pola tidur.

Tujuan: Diperoleh pengalaman nyata melaksanakan asuhan keperawatan gerontik pada Ibu S dengan gangguan kebutuhan istirahat tidur sesuai dengan *evidence based nursing*.

Metode: Metode yang digunakan yaitu wawancara, observasi, pemeriksaan fisik dan pendokumentasian dengan pendekatan proses asuhan keperawatan gerontik.

Hasil: Setelah intervensi selama empat kali kunjungan dalam satu minggu, tujuan pada Diagnosis keperawatan gangguan pola tidur, konstipasi, gangguan memori, dan risiko jatuh tercapai.

Kesimpulan: Asuhan keperawatan gerontik pada Ibu S dari tanggal 09-16 Mei 2022 telah dilakukan. Pengkajian didapatkan data dan ditegakkan Diagnosis keperawatan gangguan pola tidur, konstipasi, gangguan memori, dan risiko jatuh. Perencanaan dibuat berdasarkan SLKI dan SIKI. Faktor pendukung yaitu peran aktif dari keluarga Ibu S yang ikut merawat. Sedangkan faktor penghambatnya yaitu klien sudah mengalami penurunan pendengaran sehingga butuh suara keras, pelan, memperlihatkan gerakan bibir, dan bantuan keluarga untuk berinteraksi.

Kata Kunci: Asuhan Keperawatan Lansia, Gangguan Tidur.

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