

REPORT OF GERONTIC NURSING CARE TO TN. S WITH HYPERTENSION IN THE WORK AREA OF GODEAN PUSKESMAS 1

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ABSTRACT

Background: Hypertension is a condition in which blood pressure increases continuously with systolic pressure of more than 140 mmHg, diastolic pressure of 90 mmHg or more. Complications of hypertension, namely: resulting in heart disease, kidney failure, visual disturbances, cognitive changes, stroke.

Objective: To obtain an overview and real experience in carrying out gerontic nursing care for clients with hypertension using the nursing process method.

Methods: This nursing care report uses a descriptive case study method with a nursing process approach that includes the assessment stage, formulation of diagnoses, nursing planning, implementation, evaluation and documentation on gerontics with hypertension.

Results: After conducting an assessment and data analysis, 3 nursing diagnoses were obtained, namely the risk of ineffective cerebral perfusion, ineffective health management, and non-compliance. The interventions carried out were monitoring blood pressure vital signs before and after doing laughter therapy, conducting education on laughter therapy procedures, conducting health education about hypertension health management, conducting health education about adherence to taking hypertension medication. Implementation is carried out based on an intervention for 3 days and an evaluation is carried out at the end of each implementation.

Conclusion: After the client is given nursing care for 3 days, the results of the risk of cerebral perfusion are ineffective, health management is not effective and non-compliance with goals is achieved according to the expected outcome criteria in planning

Keywords: Nursing Care, Gerontics, Hypertension

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LAPORAN ASUHAN KEPERAWATAN GERONTIK PADA TN. S DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS GODEAN 1

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ABSTRAK

Latar Belakang: Hipertensi merupakan suatu keadaan dimana terjadi tekanan darah menjadi naik secara terus-menerus dengan tekanan sistolik lebih dari 140 mmHg, tekanan diastolik 90 mmHg atau lebih. Komplikasi dari penyakit hipertensi yaitu : mengakibatkan terjadinya penyakit jantung, gagal ginjal, gangguan penglihatan, perubahan kognitif, stroke.

Tujuan: Untuk memperoleh gambaran dan pengalaman nyata dalam melaksanakan asuhan keperawatan gerontik pada klien dengan hipertensi menggunakan metode proses keperawatan.

Metode: Laporan asuhan keperawatan ini menggunakan metode studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi tahap pengkajian, perumusan diagnosa, perencanaan keperawatan, implementasi, evaluasi dan dokumentasi pada gerontik dengan hipertensi

Hasil : Setelah dilakukan pengkajian dan analisa data didapatkan 3 diagnosa keperawatan yaitu risiko perfusi serebral tidak efektif, manajemen kesehatan tidak efektif, ketidakpatuhan. Intervensi yang dilakukan yaitu pemantauan tanda vital tekanan darah sebelum dan sesudah melakukan terapi tawa, melakukan edukasi prosedur tindakan terapi tawa, melakukan edukasi kesehatan tentang manajemen kesehatan hipertensi, melakukan edukasi kesehatan tentang kepatuhan minum obat hipertensi. Implementasi dilakukan berdasarkan intervensi selama 3 hari dan evaluasi dilaksanakan setiap akhir melakukan implementasi.

Kesimpulan: Setelah klien diberikan tindakan asuhan keperawatan selama 3 hari didapatkan hasil risiko perfusi serebral tidak efektif, manajemen kesehatan tidak efektif dan ketidakpatuhan tujuan tercapai sesuai dengan kriteria hasil yang diharapkan pada perencanaan.

Kata Kunci: Asuhan Keperawatan, Gerontik, Hipertensi

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