

**PENERAPAN *MASSAGE* PUNGGUNG TERHADAP PENURUNAN TEKANAN
DARAH PADA PASIEN HIPERTENSI DENGAN MASALAH
KEPERAWATAN NYERI AKUT DI RSUD WONOSARI**

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ABSTRAK

Latar Belakang: Hipertensi dapat ditangani dengan penatalaksanaan farmakologi dan non farmakologi. Di rumah sakit pasien hipertensi lebih banyak mendapat penatalaksanaan yang berfokus pada pemberian obat atau tatalaksana farmakologi dibandingkan terapi non farmakologi, terapi komplementer berupa *massage* punggung di rumah sakit dapat menjadi sebuah alternatif penatalaksanaan pendamping di saat penatalaksanaan farmakologi banyak menjadi fokus dalam pengobatan hipertensi.

Tujuan: Mengetahui penerapan asuhan keperawatan berupa *massage* punggung pada pasien hipertensi serta mengetahui efektifitasnya dalam menurunkan tekanan darah dan menurunkan nyeri.

Metode: Desain penelitian studi kasus, bersifat deskriptif dengan perbandingan dua responden laki-laki usia pra lansia.

Hasil: Setelah dilakukan penerapan *massage* punggung selama 3 hari dengan dua kali dalam sehari selama 30 menit hasilnya menunjukkan penurunan tekanan darah dan skala nyeri pada kedua pasien. Pada pasien pertama tekanan darah sebelum diberikan *massage* punggung yaitu 144/86 mmHg dan setelah 3 hari pelaksanaan tekanan darah menjadi 134/75 mmHg, skala nyeri sebelum tindakan skala 5 NRS setelah penerapan menjadi 0 skala NRS. Pada pasien kedua tekanan darah sebelum penerapan yaitu 168/106 mmHg menjadi 138/77 mmHg, skala nyeri pasien sebelum pelaksanaan 7 skala NRS menjadi 1 skala NRS.

Kesimpulan: Penerapan *massage* punggung pada pasien hipertensi dengan nyeri akut dapat menurunkan tekanan darah dan skala nyeri.

Kata Kunci: *massage* punggung, hipertensi, pra lansia, nyeri

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**THE APPLICATION OF BACK MASSAGE TO REDUCE BLOOD PRESSURE IN
HYPERTENSIVE PATIENTS WITH ACUTE PAIN AT WONOSARI REGIONAL
HOSPITAL**

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ABSTRACT

Background: Hypertension can be managed through both pharmacological and non-pharmacological approaches. In hospitals, hypertensive patients more commonly receive treatment focused on medication or pharmacological management rather than non-pharmacological therapy. Complementary therapy back massage in hospitals can serve as an alternative adjunctive treatment, especially when pharmacological management is the primary focus in hypertension care.

Objective: To understand the implementation of nursing care through back massage in hypertensive patients and to evaluate its effectiveness in lowering blood pressure and reducing pain.

Method: The research design is a case study, descriptive in nature, with a comparison of two male respondents in the pre-elderly age group

Results: After applying back massage for 3 days twice a day for 30 minutes, the results showed a decrease in blood pressure and pain scale in both patients. For the first patient, the blood pressure before receiving back massage was 144/86 mmHg, and after 3 receiving the blood pressure became 134/75 mmHg. The pain scale before the procedure was 5 on the NRS, and after the intervention, it became 0 NRS scale. For the second patient, the blood pressure before the intervention was 168/106 mmHg and decreased to 138/77 mmHg. The patient's pain scale before the procedure was 7 NRS, which reduced to 1 NRS scale after the treatment.

Conclusion: The application of back massage in hypertensive patients with acute pain can reduce blood pressure and pain scale

Keywords: back massage, hypertension, pre-elderly, pain

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