## ASUHAN KEPERAWATAN MEDIKAL BEDAH

**SISTEM KARDIOVASKULAR HIPERTENSI EMERGENCY DENGAN MASALAH KEPERAWATAN NYERI AKUT PADA NY. SH UMUR 54 TAHUN DI RUANG ANGGREK RSUD MUARA TEWEH BARITO UTARA KALIMANTAN TENGAH TAHUN 2024**

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## INTISARI

Hipertensi adalah suatu keadaan dimana seseorang mengalami peningkatan tekanan darah diatas normal yang dapat mengakibatkan angka kesakitan (morbiditas) dan angka kematian (mortalitas). Salah satu kaus Hipertensi Emergency di RSUD Muara Teweh yang didapatkan pada tanggal 11 juli 2024 ditemukan pasien mengeluhkan sakit kepala menjalar ke tekuk leher, sempat pingsan saat di perjalanan ke RS, mempunyai riwayat HT sudah > 15 tahun. Tujuan: Melaksanakan asuhan keperawatan medikal bedah pada pasien dengan diagnosa keperawatan Nyeri akut pada pasien hipertensi *emergency*. Melakukan proses asuhan keperawatan dari pengkajian, menentukan diagnosa, intervensi, implementasi dan evaluasi dengan metode wawancara, pemeriksaan penunjang dan pengkajian kepada pasien. Hasil pengkajian pada pasien mengeluhkan sakit kepala, TD: 165/99 mmHg. MAP 121 mmHg. Diagnosa utama didapatkan Nyeri akut. Intervensi dan implementasi yang diberikan yaitu dengan manajemen peningkatan TIK dan manajemen nyeri yaitu perawatan mandiri dengan mengajarkan Teknik senam hipertensi, mengajarkan Teknik nafas dalam dan kolaborasi pemberian obat antihipertensi. Evaluasi yang didapat adalah tekanan darah pasien sudah kembali normal 128/87 mmHg. Kesimpulan pada kasus hipertensi *emergency* penerapan asuhan keperawatan nyeri akut dengan manajemen nyeri dan manajemen peningkatan TIK teratasi

Kata Kunci: Hipertensi,Nyeri akut

## MEDICAL SURGICAL NURSING CARE

**FOR THE CARDIOVASCULAR SYSTEM, HYPERTENSION EMERGENCY WITH NURSING PROBLEMS OF ACUTE PAIN IN NY. SH AGE 54 YEARS IN THE ORCHID ROOM OF MUARA TEWEH BARITO NORTH HOSPITAL, CENTRAL KALIMANTAN, 2024**

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## ABSTRAC

Hypertension is a condition where a person experiences an increase in blood pressure above normal which can result in morbidity and mortality. One of the Hypertension Emergency t-shirts at the Muara Teweh Regional Hospital which was obtained on July 11 2024 was found to be a patient complaining of a headache that spread to the bend of the neck, fainted on the way to the hospital, and had a history of HT for > 15 years. Doing out medical surgical nursing care for patients with a nursing diagnosis of risk of cerebral perfusion is not effective in hypertensive emergency patients. Methods: Doing out the nursing care process from assessment, determining diagnosis, intervention, implementation and evaluation using interview methods, supporting examinations and patient assessments. The results of the assessment showed that the patient complained of headaches, BP: 165/99 mmHg. MAP 121 mmHg. The main diagnosis was of acute pain. The intervention and implementation provided is management of increased ICT, namely self-care by teaching hypertension exercise techniques and collaboration in administering antihypertensive medication. The evaluation obtained was that the patient's blood pressure had returned to normal, 128/87 mmHg. In cases of hypertensive emergency, the application of nursing with management of increased ICP care acute pain

Keywords: Hypertension, acute pain