**MEDICAL SURGICAL NURSING CARE FOR CARDIOVASCULAR SYSTEMDISORDERS: GRADE II HYPERTENSION WITH MAJOR NURSING PROBLEMS RISK OF INEFECTIVE CEREBRAL PERFUSION ON NY. E INPATITION ROOM UPT PUSKESMAS KANDUI**

***Intan Permata Hati1, Maria Silvana Dhawo2***

*1,2,3Sekolah Tinggi Ilmu Kesehatan Suaka Insan, Program Studi Ilmu Keperawatan Dan Ners*

*Banjarmasin-Indonesia 70116*

*e-mail: intan.ph15@gmail.com*

***Abstract***

***Background:***  *Hypertension is a disease that is often called the "Sillent Killer" where patients are not aware because they do not show any symptoms, just like patients who will be given nursing care, do not regularly take antihypertensive medication, eat limited foods such as salty, fatty and fermented foods, has a history of hypertension for the past 5 years with a history of parents suffering from the same disease and has not received special attention, The recording results obtained from the Kandui Community Health Center to recapitulate reports of NCDs due to hypertension in 2022 (569 people) and 2023 (714 people) show that there is an increase in hypertension sufferers every year. This increase in the number of incidents is an evaluation in preparing follow-up plans for the PTM and PIS-PK programs in capturing hypertension sufferers in the community in the Kandui Health Center working area so that they remain controlled and supervised as a promotive and preventive form so that the performance of the health center meets targets.* *Non-pharmacological management of hypertension that can be done simply is finger-hold relaxation therapy and slow deep breathing, consuming cucumbers and boiled bay leaves. This simple action is very easy to do, does not cost a lot of money and helps reduce complaints from hypertension sufferers*

***Objective:*** *Present the results of the assessment, results of data analysis, intervention, evaluation, and analysis of nursing actions before and after to Mrs. E with nursing problems at risk of ineffective cerebral perfusion based on Evidence Based Practice*

***Method:*** *Carrying out a nursing care approach for hypertensive patients which includes assessment, diagnosis, nursing intervention based on evidence-based practice, implementation and evaluation*

***Results:*** *Providing non-pharmacological techniques of finger-hold relaxation therapy and slow deep breathing, consuming cucumbers and consuming boiled bay leaves are quite effective in reducing the pain felt, relaxing and lowering the patient's blood pressure, so that the risk of ineffective cerebral perfusion does not occur.*

***Keywords****: Hypertension, Risk of Ineffective Cerebral Perfusion, finger-hold relaxation therapy and slow deep breathing*

**ASUHAN KEPERAWATAN MEDIKAL BEDAH GANGGUAN SISTEM KARDIOVASKULAR : HIPERTENSI GRADE II DENGAN MASALAH KEPERAWATAN UTAMA**

**RISIKO PERFUSI SEREBRAL TIDAK EFEKTIF**

**PADA NY. E RUANG RAWAT INAP**

**UPT PUSKESMAS KANDUI**

***Intan Permata Hati1, Maria Silvana Dhawo2***

*1,2,3Sekolah Tinggi Ilmu Kesehatan Suaka Insan, Program Studi Ilmu Keperawatan Dan Ners*

*Banjarmasin-Indonesia 70116*

*e-mail: intan.ph15@gmail.com*

***Intisari***

**Latar Belakang:**  Hipertensi merupakan penyakit yang sering disebut dengan “Sillent Killer” dimana pasien tidak sadar karena tidak menunjukkan gejala apapun, sama seperti pasien yang akan diberikan asuhan keperawatan, tidak rutin meminum obat antihipertensi, membatasi makan makanan seperti asin, makanan berlemak dan fermentasi, mempunyai riwayat hipertensi selama 5 tahun terakhir dengan riwayat orang tua menderita penyakit yang sama dan belum mendapat perhatian khusus, Hasil pencatatan diperoleh dari Puskesmas Kandui untuk merekapitulasi laporan PTM akibat hipertensi pada tahun 2022 (569 orang) dan tahun 2023 (714 orang) menunjukkan adanya peningkatan penderita hipertensi setiap tahunnya. Peningkatan angka kejadian ini menjadi evaluasi dalam menyusun rencana tindak lanjut program PTM dan PIS-PK dalam menjaring penderita hipertensi di masyarakat wilayah kerja Puskesmas Kandui agar tetap terkendali dan diawasi sebagai upaya promotif dan preventif. dibentuk agar kinerja Puskesmas memenuhi target. Penatalaksanaan hipertensi secara nonfarmakologis yang dapat dilakukan secara sederhana adalah terapi relaksasi genggam jari dan pernapasan dalam lambat, konsumsi timun dan daun salam rebus. Tindakan sederhana ini sangat mudah dilakukan, tidak memakan banyak biaya dan membantu mengurangi keluhan penderita hipertensi

**Tujuan:** Menyajikan hasil pengkajian, hasil analisis data, intervensi, evaluasi, dan analisis tindakan keperawatan sebelum dan sesudah pada Ny. E dengan masalah keperawatan risiko perfusi serebral tidak efektif berdasarkan Evidence Based Practice

**Metode:** Melaksanakan pendekatan asuhan keperawatan pada pasien hipertensi yang meliputi pengkajian, diagnosis, intervensi keperawatan berdasarkan praktik berbasis Evidence Based Practice, implementasi dan evaluasi.

**Kesimpulan:** Memberikan teknik non farmakologi terapi relaksasi genggam jari dan pernafasan dalam lambat, mengkonsumsi timun dan mengkonsumsi daun salam rebus cukup efektif dalam mengurangi nyeri yang dirasakan, merelaksasi dan menurunkan tekanan darah pasien, sehingga tidak terjadi resiko ketidakefektifan perfusi serebral.

**Kata Kunci**: Hipertensi, Risiko Perfusi Serebral Tidak Efektif, terapi relaksasi genggam jari dan Slow Deep Breathing