**ASUHAN KEPERAWATAN GERONTIK**

**GANGGUAN SISTEM KARDIOVASKULAR, HIPERTENSI DENGAN**

**MASALAH KEPERAWATAN UTAMA NYERI AKUT PADA Ny. A**

**DI PUSKESMAS PEMBANTU JAMBU WILAYAH**

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# INTISARI

**Latar Belakang:** Hipertensi adalah keadaan tekanan darah sistolik >140 mmHg dan diastolik >90 mmHg. Di Puskesmas Pembantu Jambu hipertensi lansia tahun 2023 berjumlah 76 kasus. Pada pasien Ny. A keluhan dirasakan adalah nyeri akut. mengatasi masalah tersebut dilakukan prose asuhan keperawatan.

**Tujuan:** Untuk menerapkan asuhan keperawatan gerontik pasien Ny. A gangguan sistem kardiovaskular, hipertensi dengan masalah keperawatan utama nyeri akut.

**Metode:** Studi kasus dengan pendekatan proses asuhan keperawatan 5 tahap mulai dari pengkajian, mendiagnosa, intervensi, implementasi dan evaluasi keperawatan.

**Hasil:** Ny.A mengeluh nyeri tengkuk, meringis, memegang tengkuk,gelisah, siwayat hipertensi 2 tahun,lalu, tidak rutin minum obat, sering mengkonsumsi ikan asin, TD 190/99 mmHg, skala nyeri 4. Diagnosa utama nyeri akut, intervensi dengan memberikan relaksasi otot progresif, implementasi mengajarkan teknik *relaksasi otot progresif* evaluasi nyeri berkurang menjadi skala nyeri 1.

**Kesimpulan:** Prosesasuhan keperawatan selama 3 hari dengan mengimplementasikan *relaksasi otot progresif* masalah keperawatan utama nyeri akut pada Ny. A teratasi sebagian

**Kata Kunci: Hipertensi, Nyeri akut, Relaksasi Otot Progresif**

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**GERONTIC NURSING CARE**

**CARDIOVASCULAR SYSTEM DISORDERS, HYPERTENSION WITH MAIN NURSING PROBLEMS ACUTE PAIN ON Mrs. A AT PUSKESMAS PEMBANTU JAMBU WORK AREA OF PUSKESMAS SIKUI**

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# Abstract

**Background:** Hypertension is a state of systolic blood pressure >140mmHg and diastolic >90 mmHg. At the Jambu Auxiliary Health Center, elderly hypertension in 2023 amounted to 76 cases. In patient Mrs. A, the complaint felt was acute pain. Overcoming these problems carried out a nursing care process.

**Objective:** To implement gerontic nursing care for patient Mrs. A cardiovascular system disorders, hypertension with the main nursing problem of acute pain.

**Methods:** Case study with a 5 stage nursing care process approach starting from assessment, diagnosis, intervention, implementation and nursing evaluation.

**Result:** Mrs. A complained of nape pain, grimacing, holding the nape of the neck, anxious, history of hypertension 2 years ago, not taking medicine regularly, often consuming salted fish, BP 190/99 mmHg, pain scale 4. The main diagnosis of acute pain, intervention by providing progressive muscle relaxation, implementation of teaching progressive muscle relaxation, implementation of teaching progressive muscle relaxation techniques, evaluation of pain reduced to pain scale 1.

**Conclusion:** the nursing care process for 3 days by implementing progressive muscle relaxation, the main nursing problem of acute pain in Mrs. A was resolved.

**Keywords: Hypertension, Acute pain, Progressive Muscle Relaxation**

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