

ABSTRAK

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ASUHAN KEPERAWATAN PERFUSI PERIFER TIDAK EFEKTIF DENGAN TEKNIK *SLOW DEEP BREATHING* PADA IBU HAMIL DENGAN HIPERTENSI GESTASIONAL DI RUANG BERSALIN RSUD dr. MOHAMAD SOEWANDHIE SURABAYA

Hipertensi gestasional adalah peningkatan tekanan darah yang terjadi selama kehamilan. Kondisi ini dapat meningkatkan risiko kematian maternal, kelahiran prematur, berat badan lahir rendah, serta angka kematian perinatal. Salah satu intervensi non-farmakologi yang dapat digunakan untuk menurunkan tekanan darah adalah terapi *slow deep breathing*. Penelitian ini bertujuan untuk menilai efektivitas penerapan terapi *slow deep breathing* dalam asuhan keperawatan maternitas yang berfokus pada ibu hamil dengan hipertensi gestasional.

Desain penelitian menggunakan metode studi kasus. Subjek penelitian diambil dari dua klien hipertensi gestasional dengan masalah keperawatan perfusi perifer tidak efektif di Ruang Bersalin RSUD dr. Mohamad Seoewandhie Surabaya.

Menunjukkan hasil terdapat penurunan pada tekanan darah setelah dilakukan implementasi terapi *slow deep breathing* selama 2 hari yakni pada klien 1 tekanan darah awal 147/97 mmHg menjadi 130/85 mmHg dan klien 2 150/102 mmHg menjadi 130/90 mmHg.

Terapi *slow deep breathing* yang dilakukan selama 2 hari berturut-turut pada ibu hamil hipertensi gestasional dengan kondisi rileks menunjukkan hasil yang efektif yaitu tekanan darah dapat terkontrol dan teratasi dengan baik.

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Kata Kunci : Hipertensi Gestasional, Perfusi Perifer Tidak Efektif, *Slow Deep Breathing*

ABSTRACT

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NURSING CARE FOR INEFFECTIVE PERIPHERAL PERFUSION USING SLOW DEEP BREATHING TECHNIQUE IN PREGNANT WOMEN WITH GESTATIONAL HYPERTENSION IN THE DELIVERY ROOM OF DR. MOHAMAD SOEWANDIE HOSPITAL SURABAYA

Gestational hypertension is an increase in blood pressure that occurs during pregnancy. This condition can increase the risk of maternal mortality, preterm birth, low birth weight, and perinatal mortality. One of the non-pharmacological interventions that can be used to reduce blood pressure is slow deep breathing therapy. This study aims to assess the effectiveness of slow deep breathing therapy in maternity nursing care focused on pregnant women with gestational hypertension.

This study uses a case study design. The research subjects were two clients with gestational hypertension and the nursing problem of ineffective peripheral perfusion, who were treated in the Maternity Room of dr. Mohamad Soewandhie Regional General Hospital, Surabaya.

The results showed a decrease in blood pressure after implementing slow deep breathing therapy for 2 days, specifically in client 1 whose initial blood pressure was 147/97mmHg which decreased to 130/85 mmHg and client 2 whose initial blood pressure was 150/102 mmHg which decreased to 130/90 mmHg.

Slow deep breathing therapy carried out for 2 consecutive days on pregnant women with gestational hypertension in a relaxed condition showed effective results, demonstrating that blood pressure could be controlled and managed well.

Keywords: *Gestational Hypertension, Ineffective Peripheral Perfusion, Slow Deep Breathing.*