

ABSTRAK

ASUHAN KEPERAWATAN RISIKO PERFUSI PERIFER TIDAK EFEKTIF PADA PENDERITA HIPERTENSI DENGAN PEMBERIAN SENAM HIPERTENSI DI WILAYAH KERJA PUSKESMAS TAMBAK WEDI SURABAYA

Hipertensi, juga dikenal sebagai tekanan darah tinggi, adalah suatu Peningkatan tekanan darah yang tidak normal dalam pembuluh darah arteri mengangkut darah dari jantung ke seluruh tubuh dalam jumlah yang terus menerus selama lebih dari satu waktu. Pada tahun 2023, 33% orang akan mengalami hipertensi, dengan dua pertiga di antaranya ditemukan di negara-negara miskin dan berkembang. Tujuan penelitian ini mengetahui proses asuhan keperawatan keluarga pemberian senam hipertensi dalam menurunkan risiko perfusi perifer tidak efektif pasien hipertensi di wilayah kerja Puskesmas Tambak Wedi.

Studi kasus asuhan keperawatan adalah metodologi yang digunakan dalam penelitian ini. pada keluarga. Jumlah subjek yang digunakan sebanyak 2 keluarga penderita hipertensi dengan waktu selama 16 hari dengan 6 kali pertemuan. Wawancara, observasi, dan pemeriksaan fisik digunakan untuk mengumpulkan data. Program Profesi Ners Poltekkes Kemenkes Surabaya menggunakan format data asuhan keperawatan keluarga.

Hasil yang didapatkan dari penerapan senam hipertensi yaitu terdapat perubahan pola asuh keluarga dan tekanan darah setelah 30 menit senam hipertensi. Hasil implementasi didapatkan bahwa kedua keluarga kooperatif dalam membantu dan mendampingi klien dalam melakukan senam hipertensi sesuai tahapan yang telah diajarkan. Hasil evaluasi pada klien 1 sebelum melakukan senam hipertensi TD : 165/99 mmHg, setelah senam hipertensi 155/91 mmHg dan Klien 2 sebelum melakukan senam hioertensi 164/105 mmHg, kemudian turun menjadi 156/88 mmHg.

Perawat diharapkan mampu mengajarkan keluarga penderita hipertensi dalam menerapkan intervensi senam hipertensi sebagai terapi non farmakologis pendamping obat secara konsisten dalam pencegahan risiko perfusi perifer tidak efektif pada penderita hipertensi.

Kata Kunci : Hipertensi, Senam hipertensi, Tekanan darah

ABSTRACT

NURSING CARE FOR THE RISK OF INEFFECTIVE PERIPHERAL PERFUSION IN HYPERTENSIVE PATIENTS THROUGH HYPERTENSION EXERCISE IN THE PUSKESMAS TAMBAK WEDI SURABAYA

Hypertension, or high blood pressure, was an abnormal elevation of blood pressure within the arterial vessels, which carried blood from the heart and pumped it continuously throughout the body's tissues and organs for more than one period. The prevalence of hypertension reached 33% in 2023, with two-thirds of the cases occurring in low- and middle-income countries. The aim of this study was to identify the process of family nursing care through the implementation of hypertension exercise in reducing the risk of ineffective peripheral perfusion among hypertensive patients in Puskesmas Tambak Wedi Surabaya.

This study used a case study method of family nursing care. The number of subjects consisted of 2 families with members suffering from hypertension, conducted over a period of 16 days with 6 meetings. Data were collected through interviews, observation, and physical examination. The data collection instrument used the family nursing care format in accordance with the guidelines of the Ners Professional Program, Poltekkes Kemenkes Surabaya.

The results obtained from the implementation of hypertension exercise showed changes in family caregiving patterns and blood pressure values after performing hypertension exercises for approximately 30 minutes. The implementation results showed that both families were cooperative in assisting and accompanying the patients during the hypertension exercise according to the taught steps. The evaluation results for Client 1 showed that before performing the exercise, the blood pressure was 165/99 mmHg, and after the exercise, it decreased to 155/91 mmHg. For Client 2, before the exercise, the blood pressure was 164/105 mmHg, and after the exercise, it decreased to 156/88 mmHg.

It was expected that nurses could educate families of hypertensive patients to apply hypertension exercise as a non-pharmacological intervention alongside medication consistently, in order to prevent the risk of ineffective peripheral perfusion in hypertensive patients.

Keyword : Hypertension, Hypertension exercise, Blood pressure