

ABSTRAK

ASUHAN KEPERAWATAN GERONTIK PADA MASALAH NYERI KRONIK DENGAN INTERVENSI SLOW STROKE BACK MASSAGE (SSBM) PADA KLIEN HIPERTENSI DI UPTD GRIYA WREDA JAMBANGAN SURABAYA

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Nyeri kronik adalah keluhan yang umum terjadi pada penderita hipertensi. Terapi non farmakologis menjadi pengobatan sebagai metode alternatif atau pelengkap pengobatan farmakologis. Terapi Slow Stroke Back Massage (SSBM) yaitu intervensi yang membantu sirkulasi darah menjadi lancar, relaksasi ketegangan otot, mereduksi nyeri serta membantu peningkatan relaksasi fisik dan psikologis.

Penelitian ini menggunakan pendekatan studi kasus, proses keperawatan mengambil dua klien hipertensi dengan keluhan nyeri kronik. Pengambilan data asuhan keperawatan di lakukan melalui wawancara kepada klien. Menggunakan format asuhan keperawatan melakukan observasi dan pemeriksaan fisik menggunakan *nurse kit* berupa tensimeter, thermometer dan dokumentasi dari rekam medik.

Hasil analisis secara deskriptif menunjukkan kedua pasien memiliki keluhan utama nyeri pada pasien hipertensi dan menyeluruh nyeri punggung dan leher selama lebih dari 3 bulan . diagnosis keperawatan yang di ambil sesuai dengan kondisi pasien. Perencanaan dan pelaksanaan intervensi slow back stroke back massage (SSBM) di evaluasi selama 5 hari sesuai dengan kriteria hasil yaitu skalanya nyeri menurun dari skala 4 menjadi skala 1.

Dari hasil penelitian dapat di simpulkan bahwa terdapat pengaruh pemberian terapi Slow Stroke Back Massage (SSBM) terhadap nyeri kronis pada klien lansia dengan hipertensi di UPTD griya wreda jambangan surabaya.

Kata kunci: Hipertensi, Nyeri , Slow Stroke Back Massage (SSBM).

Daftar bacaan: 33 buku (2018-2025)

ABSTRACT

GERIATRIC NURSING CARE FOR CHRONIC PAIN PROBLEMS USING SLOW STROKE BACK MASSAGE (SSBM) INTERVENTION IN HYPERTENSIVE CLIENTS AT UPTD GRIYA WREDA JAMBANGAN SURABAYA

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Chronic pain is one of the most common complaints in individuals with hypertension. Non-pharmacological treatment refers to therapy that uses methods, tools, or materials as a complementary alternative to medical treatment. Slow Stroke Back Massage (SSBM) is a therapy that can improve blood circulation, relieve muscle tension, reduce pain, and enhance both physical and psychological relaxation.

This research used a case study approach. The nursing process was applied to two hypertensive clients who complained of chronic pain. Data collection for the nursing care was conducted through interviews with the clients. The nursing care assessment format was used along with observation and physical examination, utilizing nursing tools such as a sphygmomanometer, thermometer, and medical record documentation.

Descriptive analysis showed that both patients had primary complaints of pain related to hypertension, specifically back and neck pain persisting for more than 3 months. The nursing diagnoses were established based on the patients' conditions. The planning and implementation of the Slow Stroke Back Massage (SSBM) intervention were evaluated using outcome criteria, with pain levels decreasing from a scale of 4 to a scale of 1.

The results of the study indicate that the application of Slow Stroke Back Massage (SSBM) therapy has an effect on reducing chronic pain in elderly hypertensive clients at UPTD Griya Wreda Jambangan Surabaya.

Keywords: Hypertension, chronic pain, Slow Stroke Back Massage (SSBM)

References: 33 books (2018-2025)