

**ASUHAN KEPERAWATAN PASIEN HIPERTENSI DENGAN RISIKO
PERFUSI SEREBRAL TIDAK EFEKTIF MENGGUNAKAN
SLOW STROKE BACK MASSAGE KOMBINASI
AROMATERAPI MAWAR DI CIPAYUNG**

**ZHELINDA NAJLA DELVINA
221FK08024**

Program Studi DIII Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana Jakarta

ABSTRAK

Hipertensi merupakan penyakit yang berisiko tinggi memicu berbagai komplikasi kesehatan. Salah satu dampaknya adalah risiko perfusi serebral tidak efektif, yaitu kondisi terganggunya aliran darah ke otak yang dapat menyebabkan komplikasi seperti stroke bahkan kematian. Berdasarkan data WHO, tercatat bahwa di kawasan Asia Tenggara terdapat 1,5 juta kematian akibat hipertensi dan komplikasi setiap tahunnya. Prevalensi hipertensi di DKI Jakarta pada tahun 2024 mencapai 699.190 kasus. Di kecamatan Cipayung tahun 2024 terdapat 2.033 kasus. Tujuan studi kasus ini adalah untuk menggambarkan asuhan keperawatan dengan risiko perfusi serebral tidak efektif pada pasien hipertensi melalui intervensi *slow stroke back massage* kombinasi aromaterapi mawar. Penelitian ini menggunakan metode deskriptif dengan pendekatan asuhan keperawatan pada 2 subjek, yaitu Ny. A dan Ny. I. Penelitian dilaksanakan selama 7 hari, yaitu tanggal 26 Mei-1 Juni 2025. Instrumen pengumpulan data menggunakan lembar observasi dan format asuhan keperawatan. Terapi *slow stroke back massage* kombinasi aromaterapi mawar dilakukan 1 kali sehari dalam waktu 10 menit. Hasil penelitian menunjukkan bahwa kedua subjek tidak mengalami risiko perfusi serebral tidak efektif, ditandai dengan penurunan tekanan darah. Hasil rata-rata tekanan darah pada Ny. A sebelum intervensi 141/99 mmHg dan setelah intervensi 131/89 mmHg, terjadi penurunan 10/10 mmHg. Rata-rata nilai MAP setelah intervensi 103 mmHg. Sedangkan hasil rata-rata tekanan darah pada Ny. I sebelum intervensi 140/92 mmHg, dan setelah intervensi 130/84 mmHg, dengan selisih 10/8 mmHg. Rata-rata nilai MAP setelah intervensi 99 mmHg. Kesimpulan dari studi kasus ini adalah *slow stroke back massage* kombinasi aromaterapi mawar terbukti memberikan pengaruh positif terhadap penurunan risiko perfusi serebral tidak efektif pada penderita hipertensi, melalui efek sinergis berupa peregangan otot dan stimulasi saraf olfaktorius sehingga mampu meningkatkan aliran darah ke otak.

Kata Kunci: *Slow Stroke Back Massage*, Aromaterapi Mawar, Hipertensi, Risiko Perfusi Serebral Tidak Efektif

**NURSING CARE FOR HYPERTENSIVE PATIENS WITH RISK OF
INEFFETIVE CEREBRAL PERFUSION USING SLOW
STROKE BACK MASSAGE COMBINATION ROSE
AROMATHERAPY IN CIPAYUNG**

**ZHELINDA NAJLA DELVINA
221FK08024**

Department of Nursing, Faculty of Nursing
Bhakti Kencana University Jakarta

ABSTRACT

Hypertension is a disease that has a high risk of triggering various health complications. One of the impacts is the risk of ineffective cerebral perfusion, which is a condition of disruption of blood flow to the brain that can cause complications such as stroke and even death. Based on WHO data, it is recorded that in the Southeast Asian region there are 1.5 million deaths due to hypertension and complications every year. The prevalence of hypertension in DKI Jakarta in 2024 reached 699,190 cases. In Cipayung in 2024 there were 2,033 cases. The purpose of this case study is to describe nursing care with the risk of ineffective cerebral perfusion in hypertensive patients through the intervention of slow stroke back massage combined with rose aromatherapy. This study used a descriptive method with a nursing approach to 2 subjects, namely Mrs. A and Mrs. I. The research was conducted for 7 days, namely May 26-June 1, 2025. Data collection instruments used observation sheets and nursing care formats. Slow stroke back massage therapy combined with rose aromatherapy is done once a day within 10 minutes. The results showed that both subjects did not experience the risk of ineffective cerebral perfusion, characterized by a decrease in blood pressure. The average results of blood pressure in Mrs. A before intervention 141/99 mmHg and after intervention 131/89 mmHg, a decrease of 10/10 mmHg. The average MAP value after the intervention was 103 mmHg. While the average results of blood pressure in Mrs. I before the intervention 140/92 mmHg, and after the intervention 130/84 mmHg, with a difference of 10/8 mmHg. The average MAP value after intervention was 99 mmHg. The conclusion of this case study is that slow stroke back massage combined with rose aromatherapy has been proven to have positive effect on reducing the risk of ineffective cerebral perfusion in patiens with hypertension, through synergic effects in the form of muscle streching and olfactory nerve stimulation, thereby increasing blood flow to the brain.

Keywords: *Slow Stroke Back Massage, Rose Aromatherapy, Hypertension, Risk of Ineffective Cerebral Perfusion*