

ABSTRAK
ANALISIS ASUHAN KEPERAWATAN PADA Ny. L DENGAN DIAGNOSIS
KEPERAWATAN GANGGUAN POLA TIDUR PADA HIPERTENSI DI
RPL TITIAN BENTENG GADING, KOTA BANDUNG

Syifa Camelia¹, Imam Abidin²

¹Mahasiswa Profesi Ners, Fakultas Keperawatan Universitas Bhakti Kencana

²Dosen, Fakultas Keperawatan Universitas Bhakti Kencana

Usia 65 tahun ke atas merupakan salah satu faktor yang menyebabkan hipertensi. WHO (2022) mencatat sekitar 1,13 Miliar orang di dunia menyandang hipertensi. Prevalensi hipertensi di Jawa Barat meningkat 39,6% (Riskesdas, 2021). Kota Bandung menempati peringkat keempat terbanyak, yakni 696.372 kasus. Data hipertensi di RPL Titian Benteng Gading menunjukkan bahwa 10 dari 14 lansia (71,4%) memiliki riwayat hipertensi. Hipertensi terbagi menjadi terkontrol serta tidak terkontrol, Hipertensi tidak terkontrol dapat menimbulkan komplikasi serius seperti stroke, infark miokard, gagal ginjal, kerusakan otak, kejang, hingga kematian (Zarastika, 2017). *complementary integrative nursing care* digunakan sebagai pendekatan pendukung dalam pengelolaan hipertensi. Pengobatan integratif menggabungkan perawatan konvensional dan komplementer untuk merawat individu secara menyeluruh (NCCIH, 2021). Tujuan penelitian ini adalah menganalisis asuhan keperawatan pada ny. L dengan diagnosis keperawatan gangguan pola tidur pada hipertensi di RPL titian benteng gading. Metode penelitian menggunakan studi kasus dengan pemberian asuhan keperawatan dan alternatif pemecahan masalah menggunakan intervensi *Buerger Allen Exercise*. *Buerger Allen Exercise* dilakukan 7 hari dengan frekuensi 1 kali/hari selama 15 menit. Hasil Rata-rata penurunan tekanan darah setelah melakukan *Buerger Allen Exercise* adalah Sistolik 10 mmHg dan Diastolik sekitar 4,29 mmHg, hal ini menunjukkan adanya penurunan tekanan darah dari sebelum ke sesudah pemberian terapi *Buerger Allen Exercise*. *Buerger Allen Exercise* bekerja dengan meningkatkan sirkulasi vena dan perifer ke ekstremitas, sehingga membantu suplai nutrisi dan darah ke kaki, sehingga dapat mencegah hipertensi. *Buerger Allen Exercise* terbukti efektif dapat menurunkan tekanan darah. Terapi ini dapat diberikan sebagai salah satu intervensi olahraga ringan dan minim resiko cedera yang dapat menurunkan hipertensi.

Kata Kunci : *Buerger Allen Exercise, Complementary Integrative Nursing Care, Hipertensi, Lansia*

Sumber : 49 Artikel

10 Buku

13 Website

ABSTRACT
ANALYSIS OF NURSING CARE FOR Mrs. L WITH A NURSING
DIAGNOSIS OF SLEEP PATTERN DISORDERS IN HYPERTENSION AT
RPL TITIAN BENTENG GADING, BANDUNG CITY

Syifa Camelia¹, Imam Abidin²

¹Nursing Professional Student, Faculty of Nursing, Bhakti Kencana University

²Lecturer, Faculty of Nursing, Bhakti Kencana University

Age 65 years and above is one of the factors that cause hypertension. WHO (2022) recorded that approximately 1.13 billion people worldwide have hypertension. The prevalence of hypertension in West Java increased by 39.6% (Riskasdas, 2021). Bandung City ranks fourth in terms of the highest number of cases, with 696,372 cases. Hypertension data at the Titian Benteng Gading RPL shows that 10 out of 14 elderly people (71.4%) have a history of hypertension. Hypertension is divided into controlled and uncontrolled. Uncontrolled hypertension can cause serious complications such as stroke, myocardial infarction, kidney failure, brain damage, seizures, and even death (Zarastika, 2017). Complementary integrative nursing care is used as a supportive approach in the management of hypertension. Integrative medicine combines conventional and complementary treatments to treat individuals holistically (NCCIH, 2021). The purpose of this study was to analyze nursing care for Mrs. I with a nursing diagnosis of sleep pattern disorders in hypertension at the Titian Benteng Gading RPL. The research method uses a case study with the provision of nursing care and alternative problem-solving using the Buerger Allen Exercise intervention. Buerger Allen Exercise is carried out for 7 days with a frequency of 1 time/day for 15 minutes. The average result of the decrease in blood pressure after doing the Buerger Allen Exercise is Systolic 10 mmHg and Diastolic around 4.29 mmHg, which indicates a decrease in blood pressure from before to after the administration of Buerger Allen Exercise therapy. Buerger Allen Exercise works by increasing venous and peripheral circulation to the extremities, thereby helping the supply of nutrients and blood to the legs, and preventing hypertension. Buerger Allen Exercise has been proven effective in lowering blood pressure. This therapy can be given as a light exercise intervention with minimal risk of injury that can reduce hypertension.

Keywords: *Buerger Allen Exercise, Complementary Integrative Nursing Care, Elderly, Hypertension*

Reference : 49 Articles

10 Books

13 Websites