

ABSTRAK
ANALISIS ASUHAN KEPERAWATAN PADA TN. S DENGAN DIAGNOSIS
KEPERAWATAN RISIKO PERFUSI PERIFER TIDAK EFEKTIF PADA
HIPERTENSI DI RPL TITIAN BENTENG GADING KOTA BANDUNG

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Latar Belakang : Hipertensi merupakan peningkatan tekanan darah arteri sistemik yang banyak dialami lansia. Di Indonesia, prevalensi hipertensi meningkat seiring bertambahnya usia, mencapai 45,9% pada usia 55–64 tahun hingga 63,8% pada usia >75 tahun (Heryati & Maryam, 2019). Di Jawa Barat prevalensinya 39,6% (Kemenkes RI, 2019), dan di Rumah Perawatan Lansia Titian Benteng Gading tercatat 71,4% (10 dari 14) lansia memiliki riwayat hipertensi. Kondisi ini berisiko menimbulkan kerusakan organ vital seperti jantung, otak, dan ginjal hingga menyebabkan kematian. **Tujuan** penelitian ini bertujuan untuk menganalisis pelaksanaan Asuhan Keperawatan pada lansia dengan diagnosis Hipertensi melalui penerapan intervensi *Isometric Handgrip Exercise* (IHE) dalam upaya menurunkan dan mengontrol tekanan darah. **Metode** penelitian yang digunakan adalah studi kasus yaitu pemberian intervensi *Isometric Handgrip Exercise* (IHE) di Rumah Perawatan Lansia Titian Benteng Gading. **Hasil** Intervensi IHE menunjukkan penurunan tekanan darah pada sistole 10 mmHg dan diastole 10 mmHg. Latihan dilakukan selama 5 hari dengan kontraksi 45 detik diselingi istirahat 15 detik, masing-masing tangan mendapat 2 kali intervensi. IHE merangsang reseptor mekanik dan sistem saraf simpatis sehingga menurunkan aktivitas simpatis dan tekanan darah. **Kesimpulan** *Isometric Handgrip Exercise* merupakan salah satu terapi komplementer yang cukup efektif dalam membantu menurunkan tekanan darah pada lansia. Intervensi menjadi pilihan terapi komplementer yang mendukung pengobatan medis, serta bermanfaat dalam meningkatkan kualitas hidup dan mencegah komplikasi lebih lanjut.

Kata Kunci : *Isometric Handgrip Exercise* , Hipertensi, Lansia

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ABSTRACT
**NURSING CARE ANALYSIS ON TN. S WITH A NURSING DIAGNOSIS
OF INEFFECTIVE PERIPHERAL PERFUSION RISK IN
HYPERTENSION IN RPL TITIAN BENTENG GADING BANDUNG CITY**

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Background Hypertension is an increase in systemic arterial blood pressure that is widely experienced by the elderly. In Indonesia, the prevalence of hypertension increases with age, reaching 45.9% at age 55-64 years to 63.8% at age >75 years (Heryati & Maryam, 2019). In West Java, the prevalence is 39.6% (Indonesian Ministry of Health, 2019), and at Titian Benteng Gading Elderly Care Home, 71.4% (10 out of 14) of the elderly have a history of hypertension. This condition has the risk of causing damage to vital organs such as the heart, brain, and kidneys, causing death. **The purpose** of this study aims to analyze the implementation of Nursing Care in the elderly with a diagnosis of Hypertension through the application of Isometric Handgrip Exercise (IHE) interventions in an effort to reduce and control blood pressure. **Results** The IHE intervention showed a decrease in blood pressure in systole of 10 mmHg and diastole of 10 mmHg. Exercise was performed for 5 days with 45 seconds of contraction interspersed with 15 seconds of rest, each hand received 2 interventions. IHE stimulates mechanical receptors and the sympathetic nervous system thereby reducing sympathetic activity and blood pressure. **Conclusion** Isometric Handgrip Exercise is one of the complementary therapies that is quite effective in helping to reduce blood pressure in the elderly. Intervention is a complementary therapy option that supports medical treatment, and is beneficial in improving quality of life and preventing further complications.

Keywords: Elderly, Hypertension, Isometric Hand Grip Exercise

References: 12 Books

: 39 Journals