

**ANALISIS ASUHAN KEPERAWATAN PADA NY. C DENGAN MASALAH
KEPERAWATAN RISIKO PERFUSI SEREBRAL TIDAK EFEKTIF
(HIPERTENSI) DENGAN PEMBERIAN *SLOW STROKE BACK
MASSAGE* DI RUMAH PERAWATAN LANSIA
TITIAN BENTENG GADING**

**SRI RAHAYU
241FK04038**

Program Studi Pendidikan Profesi Ners, Fakultas Keperawatan
Universitas Bhakti Kencana

ABSTRAK

Latar Belakang: Hipertensi pada usia ≥ 60 tahun di Indonesia lebih dari 60% lansia. Di Kota Bandung pada Mei 2022 tercatat 28.000 penderita hipertensi usia 15–69 tahun. Di Rumah Perawatan Lansia Titian Benteng Gading sebanyak 71,4% lansia memiliki riwayat hipertensi. Tingginya angka ini menegaskan bahwa hipertensi merupakan masalah kesehatan prioritas yang membutuhkan penatalaksanaan efektif, untuk mencegah komplikasi seperti stroke, penyakit jantung, dan gagal ginjal. **Tujuan:** Mengetahui analisis asuhan keperawatan *Slow Stroke Back Massage* (SSBM) terhadap tekanan darah pada lansia dengan hipertensi di Rumah Perawatan Lansia Titian Benteng Gading. **Metode:** Studi kasus asuhan keperawatan pada satu pasien lansia dengan hipertensi. Intervensi nonfarmakologis yang diberikan yaitu *Slow Stroke Back Massage* (SSBM), diberikan selama 3 hari dalam satu minggu, dengan durasi pemberian 10 menit, menggunakan teknik *efleurage*, *petrisage*, dan *tapotement*. Data dikumpulkan melalui wawancara, observasi, pengukuran tekanan darah, dan dokumentasi. **Hasil:** Terdapat penurunan tekanan darah sistolik dan diastolik setelah intervensi. Pasien mengalami peningkatan rasa nyaman dan berkurangnya keluhan seperti pusing. **Kesimpulan:** Hasil penelitian menunjukkan bahwa *Slow Stroke Back Massage* (SSBM) terbukti efektif menurunkan tekanan darah pada lansia hipertensi, serta dapat dijadikan sebagai salah satu intervensi nonfarmakologis untuk mendukung penatalaksanaan hipertensi pada lansia.

Kata Kunci : Hipertensi, lansia, *slow stroke back massage*, tekanan darah
Referensi : 73 Jurnal (2017-2025)
10 Buku (2019-2024)
3 E-Book (2021-2023)

**NURSING CARE ANALYSIS FOR MRS. C WITH THE NURSING PROBLEM OF
INEFFECTIVE CEREBRAL PERFUSION RISK (HYPERTENSION) USING
SLOW STROKE BACK MASSAGE AT THE TITIAN BENTENG
GADING ELDERLY CARE HOME**

**SRI RAHAYU
241FK04038**

ABSTRACT

*Nursing Professional Education Study Program, Faculty of Nursing
Bhakti Kencana University*

Background: Hypertension in individuals aged ≥ 60 years in Indonesia affects more than 60% of the elderly population. In May 2022, there were 28,000 individuals aged 15–69 years with hypertension in Bandung City. At the Titian Benteng Gading Elderly Care Home, 71.4% of the elderly residents had a history of hypertension. These high figures underscore that hypertension is a priority health issue requiring effective management to prevent complications such as stroke, heart disease, and kidney failure. **Objective:** Understanding the analysis of Slow Stroke Back Massage (SSBM) nursing care on blood pressure in elderly people with hypertension at the Titian Benteng Gading Elderly Care Home. **Method:** A nursing care case study involving one elderly patient with hypertension. The non-pharmacological intervention administered was Slow Stroke Back Massage (SSBM), given for 3 days a week, with a duration of 10 minutes, using effleurage, petrissage, and tapotement techniques. Data were collected through interviews, observations, blood pressure measurements, and documentation. **Results:** There was a decrease in systolic and diastolic blood pressure after the intervention. The patient experienced increased comfort and a reduction in complaints such as dizziness. **Conclusion:** The study results indicate that Slow Stroke Back Massage (SSBM) is effective in lowering blood pressure in elderly hypertensive patients and can be used as one of the non-pharmacological interventions to support the management of hypertension in the elderly.

Keywords : Blood pressure, elderly, hypertension, slow stroke back massage
References : 73 Journals (2017-2025)
10 Books (2019-2024)
3 E-Books (2021-2023)