

ASUHAN KEPERAWATAN PASIEN HIPERTENSI DENGAN NYERI AKUT DAN PENERAPAN TINDAKAN REFLEKSI PIJAT KAKI DI RUMAH SANTA UMUM SANTA MARIA CILACAP

Nursing Care Of Hypertensive Patients With Acute Pain And Application Of Foot Massage Reflexology At Santa Maria Cilacap Hospital

Bayu Cakra Yudha Sugiyanto¹, Suko Pranowo²

Al-Irsyad University Cilacap

Jl. Cerme No.24, Sidanegara, Cilacap

ABSTRAK

Hipertensi merupakan penyebab utama gagal jantung, stroke dan gagal ginjal. Penderita hipertensi dapat meminimalkan penyakit hipertensinya dengan penatalaksanaan farmakologi dan non-farmakologi. Penatalaksanaan non-farmakologi dengan penerapan tindakan refleksi pijat kaki, dapat memberikan dan menerapkan asuhan keperawatan pada pasien hipertensi dengan masalah keperawatan nyeri akut di RSUD Santa Maria Cilacap. Pada saat dilakukan pengkajian, diperoleh data pasien mengatakan pusing, nyeri ulu hati, mual muntah, nyeri pinggang, dan keluhan utama pusing berputar, skala nyeri 5, pusing meningkat ketika membuka mata dan berkurang ketika memejamkan mata, pusing terus menerus, pusing dibagian kepala, dan tekanan darah 200/110 mmHg. Tindakan refleksi pijat kaki diterapkan selama 2 hari berturut-turut pagi dan sore hari dengan durasi waktu 30 menit. Evaluasi dilakukan pada hari terakhir, pasien mengalami penurunan tekanan darah yaitu 140/80 mmHg. Kesimpulannya tindakan refleksi pijat kaki efektif dapat menurunkan tekanan darah pada penderita hipertensi.

Kata kunci : hipertensi, refleksi pijat kaki

ABSTRACT

Hypertension is the main cause of heart failure, stroke and kidney failure. Hypertension sufferers can minimize their hypertension with pharmacological and non-pharmacological management. Non-pharmacological management with the application of foot massage reflexology can provide and implement nursing care for hypertensive patients with acute pain nursing problems at Santa Maria Cilacap Hospital. At the time of the assessment, patient data was obtained stating dizziness, heartburn, nausea, vomiting, back pain, and the main complaint was dizziness, pain scale 5, dizziness increased when opening the eyes and decreased when closing the eyes, continuous dizziness, dizziness in the head, and blood pressure 200/110 mmHg. Foot massage reflexology was applied for 2 consecutive days in the morning and evening with a duration of 30 minutes. The evaluation was carried out on the last day, the patient experienced a decrease in blood pressure, namely 140/80 mmHg. In conclusion, foot massage reflexology can effectively lower blood pressure in hypertensive patients.

Keywords: hypertension, foot massage reflexology