

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
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Karya Ilmiah Berbasis Evidence Based Practice, Juni 2025**

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Asuhan Keperawatan Gerontik Dengan Penerapan Teknik Relaksasi Genggam Jari Terhadap Masalah Keperawatan Nyeri Pada Lansia Dengan Hipertensi Di Desa Sari Galuh Kec.Tapung Kab.Kampar

XIV + Halaman + 6 Tabel + 7 Lampiran

ABSTRAK

Lanjut usia adalah seseorang yang memasuki usia 60 tahun keatas. Penyakit tertinggi pada lansia adalah hipertensi, resiko hipertensi meningkat seiring bertambahnya usia. Hipertensi pada lansia biasanya disebabkan oleh pola makan yang tidak terkontrol, seperti mengkonsumsi makanan yang mengandung garam berlebihan dan bersantan. Tujuan Karya Ilmiah Akhir Ners adalah memberikan gambaran tentang hasil praktek Profesi Ners dengan Aplikasi Asuhan Keperawatan Gerontik Dengan Penerapan Teknik Relaksai Genggam Jari Terhadap Masalah Keperawatan Nyeri Pada Lansia Dengan Hipertensi Di Desa Sari Galuh Kec.Tapung Kab.Kampar. Metode pelaksanaan yang dilakukan yaitu dengan teknik eksperimen pada keluarga dengan Hipertensi. Subjek penerapan ini berjumlah 3 orang, penerapan ini dilakukan pada tanggal 28-30 April 2025. Penerapan ini dilakukan selama 3 kali sehari dalam 3 hari dan dilakukan selama 10 menit, masing-masing jari dilakukan selama 2 menit. Keberhasilan pelaksanaan tindakan intervensi dilakukan dengan diukur sebelum dan sesudah dilakukan tindakan penerapan relaksasi genggam jari pada keluarga. Pelaksanaan Evidence Based Practice Nursing (EBN) yang dilakukan adalah pemberian terapi relaksasi genggam jari untuk menurunkan nyeri pada penderita Hipertensi. Hasil dari studi kasus ini setelah dilakukan sebanyak 3 hari subjek penerapan terapi relaksasi genggam jari menunjukkan rata-rata setelah diberikan terdapat perbedaan yang signifikan keberhasilan lansia terhadap intensitas nyeri sebelum dan sesudah terapi relaksasi genggam jari pada lansia dengan hipertensi.

Kata Kunci : Hipertensi, Genggam Jari, Nyeri
Daftar Puskata : 12 (2020-2024)

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“Gerontic Nursing Care With The Application Of Finger Grasp Relaxation Techniques For Nursing Problems Of Pain In Lasia With Hypertension In Sari Galuh Village, Tapung District, Kampar Regency”

XIV + Pages + 6 Tables + 7 Appendices

ABSTRACT

Elderly is someone who enters the age of 60 years and over. The highest disease in the elderly is hypertension, the risk of hypertension increases with age. Hypertension in the elderly is usually caused by uncontrolled eating patterns, such as consuming foods that contain excessive salt and coconut milk. The purpose of the Final Scientific Paper for Nurses is to provide an overview of the results of the practice of the Nursing Profession with the Application of Gerontic Nursing Care with the Application of Finger-Grasping Relaxation Techniques for Nursing Problems of Pain in the Elderly with Hypertension in Sari Galuh Village, Tapung District, Kampar Regency. The implementation method used is the experimental technique on families with Hypertension. The subjects of this application were 3 people, this application was carried out on April 28-30, 2025. This application was carried out 3 times a day for 3 days and was carried out for 10 minutes, each finger was carried out for 2 minutes. The success of the implementation of the intervention action was measured before and after the application of finger-grasping relaxation was carried out on the family. The implementation of Evidence Based Practice Nursing (EBN) carried out was the provision of finger-holding relaxation therapy to reduce pain in patients with hypertension. The results of this case study after being carried out for 3 days on subjects of the application of finger-holding relaxation therapy showed that on average after being given there was a significant difference in the success of the elderly in terms of pain intensity before and after finger-holding relaxation therapy in the elderly with hypertension.

Keywords : Hypertension, Finger Grip, Pain

References : 12 (2020-2024)