

Manajemen Kasus Spesialis pada Klien Hipertensi dengan Ansietas Menggunakan Pendekatan Uncertainty in Illness dan Comfort Theory di RW 01 Kelurahan Sukadamai= Case Management on Hypertension with Anxiety Using Uncertainty in Illness and Comfort Theory in RW 01 Sukadamai District

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Abstrak

[Hipertensi merupakan peningkatan tekanan darah arterial yang tidak normal dan berlangsung terus menerus. Klien yang menderita secara fisik dapat menimbulkan dampak secara psikologis yaitu ansietas. Ansietas adalah perasaan khawatir, yang merupakan respon terhadap rangsangan baik eksternal maupun internal yang menimbulkan gejala baik secara perilaku, emosi, kognitif dan fisik. Karya ilmiah akhir ini bertujuan untuk memberikan gambaran manajemen kasus spesialis pada klien hipertensi dengan ansietas menggunakan pendekatan Uncertainty In Illness dan Comfort Theory. Jumlah klien kelolaan sebanyak 21 orang. Terapi spesialis yang diberikan adalah thought stopping dan relaksasi progresif. Hasil yang ditemukan terjadi penurunan tanda dan gejala ansietas sebesar 51.43%, peningkatan rata-rata kemampuan melakukan terapi thought stopping pada klien hipertensi dengan ansietas sebesar 11.68 dan peningkatan rata-rata kemampuan melakukan terapi relaksasi progresif pada klien hipertensi dengan ansietas sebesar 16.35. Terapi thought stopping dan relaksasi progresif direkomendasikan sebagai terapi spesialis keperawatan pada klien dengan ansietas.;Hypertension is a high blood (arterial) pressure and occurs continuously. Patient who is experiencing hypertension will also experience psychological problem such as anxiety. Anxiety is the feeling of unsecure, as a response to external and internal stimulus which can create behavior, emotional, cognitive, and physical symptoms. The purpose of this final report is to describe case management on hypertension with anxiety using uncertain in illness approach and comfort theory. Twenty one patients were closely monitored and cared. Thought stopping and progressive relaxation are the specialists nursing treatments that were given to hypertension patient. The results shows that level of anxiety decrease into 51.43%, level of ability in implementing thought stopping on hypertension patient with anxiety on 11.68 and the mean of increasing on implementing progressive relaxation therapy ability was 16.35. it is recommended that thought stopping and progressive relaxation therapy as nursing specialist therapy for patient with anxiety.;Hypertension is a high blood (arterial) pressure and occurs continuously. Patient who is experiencing hypertension will also experience psychological problem such as anxiety. Anxiety is the feeling of unsecure, as a response to external and internal stimulus which can create behavior, emotional, cognitive, and physical symptoms. The purpose of this final report is to describe case management on hypertension with anxiety using uncertain in illness approach and comfort theory. Twenty one patients were closely monitored and cared. Thought stopping and progressive relaxation are the specialists nursing treatments that were given to hypertension patient. The results shows that level of anxiety decrease into 51.43%, level of ability in implementing thought

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