

# Analisis Asuhan Keperawatan Nyeri Kronis pada Lansia dengan Hipertensi melalui Penerapan Exercise Promotion Strength Training: Pilates = Analysis of Nursing Care of Chronic Pain in the Elderly with Hypertension through the Application of Exercise Promotion Strength Training: Pilates

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## Abstrak

Lansia merupakan individu dengan usia diatas 60 tahun dengan proses penuaan yang menyertainya. Semakin bertambah usia lansia maka akan semakin rentan terhadap penyakit, salah satunya hipertensi. Dengan keluhan yang paling banyak dialami oleh lansia adalah nyeri leher, dikarenakan kelelahan dan kurangnya latihan fisik yang dilakukan. Nyeri pada lansia menggambarkan ketidaknyamanan yang bermanifestasi sebagai kelelahan, ataupun ketegangan. Jika nyeri tidak diatasi maka dapat mempengaruhi kualitas hidup lansia. Penelitian ini menganalisis penerapan evidence-based practices berupa intervensi unggulan dalam mengatasi nyeri leher kronis pada lansia dengan hipertensi di Panti Sosial di wilayah Jakarta Timur. Intervensi tersebut yaitu exercise promotion strength training melalui pilates yang dilakukan 30 menit setiap pertemuannya dengan frekuensi 2 minggu. Hasil penelitian menunjukkan adanya penurunan tanda dan gejala nyeri leher kronis sekitar 3 sampai 4 skala setelah dilakukannya intervensi yang dievaluasi dengan menggunakan Visual Analog Scale (VAS), Neck Disability Index (NDI), dan The short-form McGill Pain Questionnaire (SF-MPQ). Berdasarkan hal tersebut, exercise promotion strength training melalui pilates dapat menjadi pilihan dalam mengatasi keluhan nyeri leher pada lansia dengan hipertensi. Selain itu, diharapkan dapat memberikan masukan kepada perawat dan staff lahan praktik untuk mengimplementasikannya dalam kegiatan sehari-hari.

..... The elderly are individuals over 60 years of age with an accompanying aging process. The older the elderly, the more vulnerable they are to disease, one of which is hypertension. The most common complaint experienced by the elderly is neck pain, due to fatigue and lack of physical exercise. Pain in the elderly describes the discomfort that manifests as tiredness, or tiredness. If pain is not treated, it can affect the quality of life of the elderly. This study analyzes the application of evidence-based practice in the form of superior interventions in dealing with chronic neck pain in elderly people with hypertension at Social Institutions in the East Jakarta area. The intervention is exercise promotion strength training through pilates which is carried out 30 minutes each meeting with a frequency of 2 weeks. The results showed that there was a decrease in the signs and symptoms of chronic neck pain by about 3 to 4 scales after the intervention was carried out which was evaluated using the Visual Analog Scale (VAS), Neck Disability Index (NDI), and The Short-form McGill Pain Questionnaire (SF-MPQ). Based on this, exercise promotion strength training through pilates can be an option for overcoming complaints of neck pain in the elderly with hypertension. In addition, it is hoped that it can provide input to nurses and practice staff to implement it in their daily activities.