

Analisis Asuhan Keperawatan Keluarga pada Lansia dengan Penerapan Foot Massage untuk Mengatasi Hipertensi = Analysis of Family Nursing Care in the Elderly with the Application of Foot Massage to Overcome Hypertension

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Abstrak

Hipertensi menjadi salah satu penyebab kematian diseluruh dunia dan dapat diderita oleh kelompok usia mana saja, salah satunya lansia. Berdasarkan data Riskesdas tahun 2018, prevalensi hipertensi usia 55-64 tahun sebanyak 55,2%; usia 65-74 tahun sebanyak 63,2%; dan usia 75 tahun sebanyak 69,5%. Hipertensi dapat terus meningkat pada tahun 2050 karena jumlah lansia diperkirakan mencapai 2 milyar jiwa. Karya ilmiah ini bertujuan untuk menjabarkan asuhan keperawatan dengan foot massage sebagai upaya menurunkan tekanan darah pada keluarga yang memiliki agregat lansia dengan hipertensi. Intervensi foot massage diberikan dengan tujuan memberikan rasa rileks, menurunkan rasa nyeri, meningkatkan kenyamanan, dan memperlancar aliran darah sehingga tekanan darah menurun. Intervensi foot massage dilakukan 6 hari berturut-turut selama 15 menit. Pengukuran tekanan darah dilakukan 5-10 menit sebelum dan sesudah diberikannya intervensi foot massage untuk melihat stabilisasi tekanan darah sesuai dengan target yang ingin dicapai. Hasil evaluasi mendapatkan adanya penurunan darah, yaitu sebelum terapi foot massage menunjukkan rata-rata tekanan darah sistolik 145,16 mmHg dan rata-rata tekanan darah diastolik 69,67 mmHg, namun setelah dilakukan terapi foot massage rata-rata tekanan darah sistolik 134 mmHg dan rata-rata tekanan darah diastolik 68,83 mmHg. Pembatasan garam harian, mengkonsumsi obat antihipertensi secara rutin, melakukan aktivitas fisik, dan mengelola stres perlu dilakukan keluarga dalam mengontrol tekanan darah. Tindakan foot massage tidak memberatkan perekonomian keluarga dan gerakannya dapat diikuti masyarakat luas.

.....Hypertension is one of the causes of death worldwide and can be suffered by any age group, one of which is the elderly. Based on Riskesdas data for 2018, the prevalence of hypertension aged 55-64 years was 55.2%; aged 65-74 years as much as 63.2%; and age 75 years as much as 69.5%. Hypertension can continue to increase in 2050 because the number of elderly people is estimated to reach 2 billion people. This scientific work aims to describe nursing care with foot massage as an effort to reduce blood pressure in families that have an aggregate of elderly people with hypertension. Foot massage interventions are given with the aim of providing a sense of relaxation, reducing pain, increasing comfort, and facilitating blood flow so that blood pressure decreases. The foot massage intervention was carried out 6 days in a row for 15 minutes. Blood pressure measurements were carried out 5-10 minutes before and after the foot massage intervention was given to see blood pressure stabilization according to the target to be achieved. The evaluation results found a decrease in blood pressure, namely before foot massage therapy showed an average systolic blood pressure of 145.16 mm Hg and an average diastolic blood pressure of 69.67 mm Hg, but after foot massage therapy the average systolic blood pressure was 134 mm Hg and the average diastolic blood pressure was 68.83 mm Hg. Restricting daily salt, taking antihypertensive drugs regularly, doing physical activity, and managing stress needs to be done by the family in controlling blood pressure. The act of foot massage does not burden the family's economy and the movement can be followed by the wider

community.