

NURSING CARE FOR ELDERLY HYPERTENSION IN THE TRENGGALEK PUBLIC HEALTH CENTER WORK AREA

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ABSTRACT

Background: One of the changes in the elderly is changes in the cardiovascular system which is the most burdensome disease because it has an impact on other diseases such as hypertension. Therefore, nursing care for the elderly with hypertension is provided to provide comprehensive care for hypertension sufferers. **Research objective:** Providing Nursing Care to the Elderly with Hypertension in the Trenggalek Community Health Center Work Area. **Research method:** The research method uses a qualitative descriptive design with a case study approach. The study was conducted from February 10 to March 8, 2026. Participant Mrs. S (80 years old). **Research results:** Nursing care for the elderly with hypertension in Mrs. S (80 years old). The client said pain, heavy head, pain in the back, P: Dizziness, headache appears when waking up, Q: throbbing dizziness, R: dizziness in the back of the head, S: Pain scale 5 and T: dizziness that comes and goes. Physical examination BP 160 / mmhg, N: 80x / min, S: 37C, RR; 20x / min. In the client there was a decrease in visual acuity 6/9, normal muscle strength, sometimes fatigue due to moderate activity, KATZ index: independent, Bartle index: Independent, SPMSQ: intact intellectual function. Nursing diagnosis: acute pain, activity intolerance, risk of falling. Interventions according to SLKI (PPNI, 2017). Implementation and progress notes were carried out on March 5-8, 2026. **Analysis:** Found 6 gaps in facts and theories in nutritional and metabolic patterns, self-concept patterns, relationship and role patterns, sexual and reproductive patterns, ear and nose examinations, and nursing diagnoses. **Conclusion:** nursing care for elderly hypertension in Mrs. S (80 years old) found 3 nursing diagnoses, with the results of nursing problems resolved. It is hoped that the client can overcome her health problems by maintaining a healthy lifestyle.

Keywords : Nursing Care, Elderly, Hypertension