

ASUHAN KEPERAWATAN KELUARGA DENGAN SALAH SATU ANGGOTA KELUARGA MENGALAMI HIPERTENSI DI PUSKESMAS TRENGGALEK

Merieska Nur Kumala

Program Studi D3 Keperawatan Trenggalek Poltekkes Kemenkes Malang

Jl. Dr. Sutomo No.5, Trenggalek

Email: merieska_p17240224080@poltekkes-malang.ac.id

ABSTRAK

Background: Hypertension is a chronic disease characterized by increased blood pressure $\geq 140/90$ mmHg and is often referred to as a *silent disease* because it commonly shows no specific symptoms. Hypertension may cause serious complications such as stroke, heart disease, and kidney failure. The high incidence of hypertension requires proper management, one of which is through family nursing care. **Objective:** This study aimed to describe the implementation of family nursing care in patients with hypertension and to improve the family's ability to care for sick family members. **Methods:** This study used a descriptive method with a case study approach involving a family with a member suffering from hypertension. Data collection techniques included interviews, observation, and physical examination. The nursing process consisted of assessment, nursing diagnosis, planning, implementation, and evaluation. **Results:** The results showed that the client experienced complaints such as headache, dizziness, and increased blood pressure. The nursing diagnoses identified included acute pain, ineffective peripheral perfusion, and ineffective family health management. After nursing interventions were carried out, including health education, pain management, and dietary regulation, there was a reduction in complaints and an improvement in family knowledge and participation in care. **Conclusion:** Family nursing care in hypertensive patients was effective in improving the client's condition and enhancing the family's role in patient care. Family involvement, adherence to treatment, and lifestyle modification are important in controlling blood pressure and preventing complications.

Keywords: Hypertension, Family Nursing Care, Acute Pain, Ineffective Family Health Management