

Abstrak

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PROGRAM STUDI DIII KEPERAWATAN
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Implementasi *Slow Back Massage* Untuk Menurunkan Nyeri Akut Pada Pasien Hipertensi Di Rsd Kalisat.

ix + 34 halaman + 10 tabel + 8 lampiran

ABSTRAK

Latar Belakang: Peningkatan tekanan darah pada penderita hipertensi kerap memicu gangguan suplai oksigen ke otak yang berujung pada munculnya nyeri akut di daerah kepala dan tengkuk. Guna mengatasi keluhan tersebut, terapi nonfarmakologis seperti *Slow Back Massage* (SBM) dapat diterapkan karena mampu menstimulasi sistem saraf parasimpatis untuk menciptakan efek relaksasi sekaligus meredakan nyeri. **Tujuan:** Mendeskripsikan pemberian terapi *Slow Back Massage* dalam menurunkan skala nyeri akut pada penderita hipertensi di RSD Kalisat Jember. **Metode:** Studi kasus ini menggunakan metode deskriptif melalui pendekatan asuhan keperawatan pada Ny. K (55 tahun) di Ruang Merpati RSD Kalisat. Pasien menerima perawatan standar rumah sakit meliputi pemberian obat antihipertensi sesuai advis dokter, pemantauan tanda-tanda vital secara berkala, serta edukasi kesehatan terkait pengelolaan hipertensi. Tindakan SBM dilakukan selama 3 hari berturut-turut dengan waktu 10 menit tiap sesi, serta dipadukan dengan pengaturan posisi *fowler* dan latihan napas dalam. Data dihimpun lewat proses anamnesis, pengamatan langsung, dan penilaian skala nyeri *Numeric Rating Scale* (NRS). **Hasil:** Saat awal dikaji, pasien mengeluhkan nyeri tengkuk pada skala 6 disertai tekanan darah mencapai 140/90 mmHg. Pasca-intervensi selama 3 hari, intensitas nyeri terpantau menurun secara bertahap mulai dari hari pertama di skala 5, hari kedua turun menjadi skala 3, hingga pada hari ketiga menjadi skala 2. Redanya nyeri ini selaras dengan penurunan tekanan darah menjadi 120/80 mmHg dan membaiknya kualitas tidur pasien. **Kesimpulan:** Intervensi *Slow Back Massage* terbukti efektif dalam meminimalkan nyeri akut serta membantu menstabilkan tekanan darah pada pasien hipertensi.

Kata Kunci: Hipertensi, Nyeri Akut, *Slow Back Massage*

Abstract

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Scientific Paper
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Implementasi of Slow Back Massage to Reduce Acute Pain in Hypertensive Patients at Hospital Kalisat.

ix + 34 pages + 10 tables + 8 appendices

ABSTRACT

Background: Elevated blood pressure in patients with hypertension often disrupts oxygen supply to the brain, leading to acute pain in the head and neck. To address these symptoms, nonpharmacological therapies such as Slow Back Massage (SBM) can be applied, as they stimulate the parasympathetic nervous system to induce relaxation and alleviate pain. **Objective:** To examine the use of Slow Back Massage therapy in reducing acute pain levels in hypertensive patients at Kalisat General Hospital in Jember. **Methods:** This case study employed a descriptive method using a nursing care approach for Mrs. K (55 years old) in the Merpati Ward at Kalisat General Hospital. The patient received standard hospital care, including antihypertensive medication as prescribed by the physician, regular monitoring of vital signs, and health education regarding hypertension management. SBM was administered for 3 consecutive days, with each session lasting 10 minutes, combined with the Fowler's position and deep breathing exercises. Data were collected through anamnesis, direct observation, and the Numeric Rating Scale (NRS) pain scale assessment. **Results:** At the initial assessment, the patient reported neck pain rated at a level of 6, accompanied by blood pressure of 140/90 mmHg. Following the 3-day intervention, pain intensity was observed to decrease gradually, starting at a level of 5 on the first day, dropping to a level of 3 on the second day, and reaching a level of 2 on the third day. This pain relief was consistent with a decrease in blood pressure to 120/80 mmHg and an improvement in the patient's sleep quality. **Conclusion:** The Slow Back Massage intervention proved effective in minimizing acute pain and helping to stabilize blood pressure in patients with hypertension.

Keywords: Hypertension, Acute Pain, Slow Back Massage