

ABSTRAK

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Implementasi *Isometric Handgrip Exercise* Pada Pasien Dengan Diagnosa Keperawatan Perfusi Perifer Tidak Efektif Di Ruang Lavender Rsd. Dr. Soebandi Jember

xv+ 79 hal+ 20 tabel+ 9 lampiran

Abstrak

Introduksi: Perfusi perifer tidak efektif merupakan kondisi penurunan sirkulasi darah pada tingkat kapiler yang dapat menghambat pemenuhan oksigen dan nutrisi jaringan perifer. Kondisi ini sering terjadi pada pasien hipertensi akibat perubahan fungsi vaskular, peningkatan resistensi perifer, dan gangguan elastisitas pembuluh darah. Salah satu intervensi nonfarmakologis yang dapat diberikan adalah *isometric handgrip exercise*, yaitu latihan kontraksi otot statis yang mampu membantu meningkatkan fungsi vaskular dan sirkulasi perifer. **Tujuan:** Mendeskripsikan implementasi *isometric handgrip exercise* pada pasien dengan diagnosa keperawatan perfusi perifer tidak efektif di Ruang Lavender RSD dr. Soebandi Jember. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan tiga subjek pasien hipertensi dengan diagnosa keperawatan perfusi perifer tidak efektif. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Intervensi *isometric handgrip exercise* diberikan sesuai prosedur, kemudian dilakukan evaluasi terhadap perubahan tanda perfusi perifer meliputi *capillary refill time* (CRT), suhu ekstremitas, warna kulit, nadi perifer, dan tekanan darah. **Diskusi:** Hasil menunjukkan penurunan tekanan darah disertai perbaikan bertahap pada beberapa indikator perfusi perifer. Meskipun perubahan belum optimal pada semua pasien, perbaikan perfusi perifer diperkirakan merupakan dampak fisiologis sekunder dari membaiknya fungsi vaskular setelah tekanan darah menurun. Dengan demikian, *isometric handgrip exercise* berpotensi menjadi intervensi keperawatan nonfarmakologis yang aman, sederhana, dan efektif sebagai terapi pendamping.

Kata Kunci : Hipertensi, *Isometric Handgrip Exercise*, Perfusi Perifer Tidak Efektif

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ABSTRACT

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Final Scientific Paper, May 2026
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Implementation of Isometric Handgrip Exercise for Patients with the Nursing Diagnosis of Ineffective Peripheral Perfusion in the Lavender Ward, dr. Soebandi Regional Hospital, Jember

xv + 79 pages + 20 tables + 9 appendices

Abstract

Introduction: Ineffective peripheral perfusion is a condition characterized by decreased blood circulation at the capillary level, which can interfere with the supply of oxygen and nutrients to peripheral tissues. This condition commonly occurs in patients with hypertension due to vascular dysfunction, increased peripheral resistance, and impaired blood vessel elasticity. One of the non-pharmacological interventions that can be applied is isometric handgrip exercise, a static muscle contraction exercise that can help improve vascular function and peripheral circulation. **Objective:** To description the implementation of isometric handgrip exercise in patients with the nursing diagnosis of ineffective peripheral perfusion in the Lavender Room of RSD dr. Soebandi Jember. **Methods:** This study used a descriptive case study design involving three hypertensive patients diagnosed with ineffective peripheral perfusion. Data collection was conducted through interviews, observation, physical examination, and documentation. The isometric handgrip exercise intervention was performed according to the procedure, followed by an evaluation of changes in peripheral perfusion indicators, including capillary refill time (CRT), extremity temperature, skin color, peripheral pulse, and blood pressure. **Discussion:** The findings demonstrated a reduction in blood pressure accompanied by gradual improvements in several indicators of peripheral perfusion. Although these improvements were not optimal in all patients, the enhancement of peripheral perfusion was presumed to represent a secondary physiological response resulting from improved vascular function following blood pressure reduction. Therefore, isometric handgrip exercise has the potential to serve as a safe, simple, and effective non-pharmacological nursing intervention as an adjunctive therapy in the management of patients with hypertension.

Keyword : Hypertension, Ineffective Peripheral Perfusion, Isometric Handgrip Exercise.

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