

PENGARUH ASUHAN KEPERAWATAN KELUARGA MODEL OREM TERHADAP *SELF-CARE* PASIEN HIPERTENSI

Angela Merici Wenefrida Kurniawati¹, Suwarno², Yosano Priyandio³

Email: angelafridd@gmail.com

INTISARI

Latar Belakang: Hipertensi merupakan keadaan peningkatan tekanan darah abnormal dengan tekanan sistolik >130 mmHg dan tekanan diastolic >80 mmHg. Asuhan keperawatan keluarga dengan hipertensi melalui pendekatan *supportive-educative system* dengan model Orem membantu meningkatkan *self-care* pasien hipertensi.

Tujuan Penelitian: Untuk mengetahui efektivitas asuhan keperawatan keluarga model Orem terhadap *self-care* pasien hipertensi.

Metode Penelitian: Penelitian ini merupakan studi kasus melalui observasi dan wawancara menggunakan kuesioner *Hypertension Self Management Behavior Questionnaire* (HSMBQ). Implementasi dilakukan dalam 5 kali pertemuan melalui pendekatan *supportive-educative system* sesuai dengan tugas utama keluarga.

Hasil Penelitian: Pemberian asuhan keperawatan yang dilakukan dalam 6 kali pertemuan menunjukkan adanya peningkatan *self-care* pasien hipertensi dengan peningkatan skor HSMBQ dari skor 58 kategori 'kurang' menjadi skor 122 kategori 'baik'

Kesimpulan: Asuhan keperawatan model Orem terbukti meningkatkan *self-care* pasien hipertensi.

Kata Kunci: Hipertensi, Orem, *Self-care*

¹Mahasiswa Program Studi Profesi Ners Universitas Jenderal Achmad Yani

²Dosen Program Studi Profesi Ners Universitas Jenderal Achmad Yani

³Perawat Puskesmas Sleman

THE INFLUENCE OF OREM MODEL FAMILY NURSING CARE ON SELF-CARE OF HYPERTENSION PATIENTS

Angela Merici Wenefrida Kurniawati¹, Suwarno², Yosano Priyandio³

Email: angelafridd@gmail.com

ABSTRACT

Background: Hypertension is a condition characterized by an abnormal increase in blood pressure, with a systolic pressure >130 mmHg and a diastolic pressure >80 mmHg. Family nursing care for patients with hypertension, utilizing a supportive-educative system approach with Orem's Self-Care Defisit Nursing Theory, helps improve their self-care abilities.

Research Objective: To determine the effectiveness of family nursing care using Orem's model on the self-care of patients with hypertension.

Research Method: This study is a case study conducted through observation and interviews using the Hypertension Self-Management Behavior Questionnaire (HSMBQ). The implementation was carried out over five sessions using a supportive-educative system approach.

Research Results: The provision of nursing care over six sessions showed an improvement in the self-care of hypertensive patients, with an increase in the HSMBQ score from 58 (categorized as 'poor') to 122 (categorized as 'good').

Conclusion: Nursing care based on Orem's model has been proven to enhance the self-care of patients with hypertension.

Keywords: Hypertension, Orem, Self-care

¹Mahasiswa Program Studi Profesi Ners Universitas Jenderal Achmad Yani

²Dosen Program Studi Profesi Ners Universitas Jenderal Achmad Yani

³Perawat Puskesmas Sleman