

Abstract

Nursing Management in the Application of Slow Stroke Back Massage to Improve Sleep Quality in Hypertensive Patients at the Pampang Community Health Center

Siti Zohra Lastuan, Andi Mappanganro, Tutik Agustini, Rizqy Iftitah
Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia
Makassar

Departemen Community Health Nursing and Home Care,
Faculty of Public Health, Muslim University of Indonesia, Makassar

Hypertension is a chronic disease that can cause complications, including sleep disorders. Sleep disorders in patients with hypertension can reduce quality of life and increase the risk of cardiovascular complications. Slow stroke back massage nonpharmacological therapy is one intervention that can be used to improve sleep quality. This case report aims to describe the application of slow stroke back massage on the sleep quality of patients with hypertension at the Pampang Community Health Center. The method used was nursing care, which included assessment, data analysis, diagnosis, planning, implementation, and evaluation. Hypertensive patients experienced difficulty sleeping, frequent nighttime awakenings, headaches, and tension in the neck and back. The intervention, which consisted of sleep support and pain management with slow stroke back massage, was carried out for three days with a duration of 10–15 minutes per session. The evaluation results showed a decrease in sleep difficulties, a reduction in the frequency of waking up at night, a decrease in pain intensity, and an increase in patient sleep satisfaction. The conclusion of this report is that slow stroke back massage is effective as a non-pharmacological therapy to improve sleep quality in hypertensive patients.

Keywords: Hypertension, Sleep Quality, Slow Stroke Back Massage, Nursing Care

Abstrak

Manajemen Askep Dalam Penerapan *Slow Stroke Back Massage* Untuk Peningkatan Kualitas Tidur Pada Penderita Hipertensi Di Puskesmas Pampang

Siti Zohra Lastuan, Andi Mappanganro, Tutik Agustini, Rizqy Iftitah
Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia
Makassar
Departemen *Community Health Nursing and Home Care*,
Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

Hipertensi merupakan salah satu penyakit kronis yang dapat menimbulkan komplikasi, termasuk gangguan tidur. Gangguan tidur pada penderita hipertensi dapat berdampak pada penurunan kualitas hidup serta peningkatan risiko komplikasi kardiovaskular. Terapi nonfarmakologis *slow stroke back massage* merupakan salah satu intervensi yang dapat digunakan untuk meningkatkan kualitas tidur. Laporan kasus ini bertujuan memaparkan penerapan *slow stroke back massage* terhadap kualitas tidur pasien hipertensi di Puskesmas Pampang. Metode yang digunakan adalah asuhan keperawatan yang meliputi pengkajian, analisis data, penetapan diagnosa, perencanaan, implementasi, dan evaluasi. Pasien hipertensi mengalami kesulitan tidur, sering terbangun malam, nyeri kepala, dan tegang pada leher serta punggung. Intervensi berupa dukungan tidur dan manajemen nyeri dengan *slow stroke back massage* dilakukan selama tiga hari dengan durasi 10–15 menit setiap sesi. Hasil evaluasi menunjukkan adanya penurunan keluhan sulit tidur, berkurangnya frekuensi terbangun malam, penurunan intensitas nyeri, serta peningkatan kepuasan tidur pasien. Kesimpulan dari laporan ini adalah *slow stroke back massage* efektif sebagai terapi nonfarmakologis untuk meningkatkan kualitas tidur pada pasien hipertensi.

Kata Kunci : Hipertensi, Kualitas Tidur, *Slow Stroke Back Massage*, Asuhan Keperawatan