

**KARYA ILMIAH AKHIR**

**ASUHAN KEPERAWATAN PADA NY. V (31 TAHUN) G2P1A0H1 USIA  
KEHAMILAN 33-34 MINGGU DENGAN HIPERTENSI GESTASIONAL  
DAN PENERAPAN *EVIDENCE BASED NURSING PRACTICE*  
DI KLINIK PRATAMA SARINAH PEKANBARU**

**PEMINATAN KEPERAWATAN MATERNITAS**



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**Asuhan Keperawatan pada Ny. V (31 tahun) G2P1A0H1 Usia Kehamilan 33-34 Minggu dengan Hipertensi Gestasional dan Penerapan *Evidence Based Nursing Practice* di Klinik Pratama Sarinah Pekanbaru**



**ABSTRAK**

Setiap wanita akan menantikan adanya proses kehamilan. Dalam menjalani masa kehamilan ini, ada beberapa kondisi yang dapat mengancam keberlangsungan hidup ibu dan janin. Salah satu kondisi yang dapat mengancam kehamilan yaitu hipertensi pada kehamilan. Hipertensi adalah masalah medis yang sering kali muncul selama masa kehamilan dan dapat menimbulkan terjadinya komplikasi pada 2-3% kehamilan. Tujuan dari karya ilmiah akhir ini adalah untuk menerapkan asuhan keperawatan pada ibu hamil dengan hipertensi gestasional serta penerapan *evidence based practice nursing* di Klinik Pratama Sarinah Pekanbaru dengan pemberian terapi rendam kaki air hangat, *endorphin massage*, latihan pernapasan otot diafragma, dan terapi music instrumental. Metode pada karya ilmiah ini berupa studi kasus dengan memberikan asuhan keperawatan melalui pendekatan proses keperawatan. Hasil akhir dari pemberian asuhan keperawatan didapatkan bahwa seluruh *evidence based nursing practice* memberikan pengaruh signifikan terhadap masalah klien, antara lain terdapat penurunan tekanan darah, nyeri punggung, kelelahan, serta penurunan kecemasan. Diharapkan kepada petugas kesehatan khususnya perawat agar dapat mengaplikasikan *evidence based nursing practice* pada ibu dengan masalah hipertensi pada kehamilan.

Kata Kunci : Ibu, hipertensi, kehamilan

Daftar Pustaka : 65 (2010-2020)

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***Nursing Care of Mrs. V (31 years) G2P1A0H1 Gestational Age 33-34 Weeks with Gestational Hypertension and Application of Evidence Based Nursing Practice at the Pratama Sarinah Clinic in Pekanbaru***

**ABSTRACT**

*Every woman will look forward to the pregnancy process. During this period of pregnancy, there are several conditions that can threaten the survival of the mother and fetus. One of the conditions that can threaten pregnancy is hypertension in pregnancy. Hypertension is a medical problem that often occurs during pregnancy and can cause complications in 2-3% of pregnancies. The purpose of this final scientific paper is to apply nursing care to pregnant women with gestational hypertension as well as the application of evidence nursing based practice at the Pratama Sarinah Clinic in Pekanbaru by providing warm water foot soaking therapy, endorphin massage, diaphragm muscle breathing exercises, and instrumental music therapy. The method in this scientific paper is in the form of a case study by providing nursing care through the nursing process approach. The final results of providing nursing care found that all evidence-based nursing practice had a significant effect on client problems, including a decrease in blood pressure, back pain, fatigue, and a decrease in anxiety. It is hoped that health workers, especially nurses, can apply evidence-based practice nursing to mothers with hypertension problems in pregnancy.*

Keywords : Mother, hypertension, pregnancy

Bibliography : 65 (2010-2020)