

ABSTRAK

PENERAPAN *ISOMETRIC HANDGRIP EXERCISE* TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI RSUP Dr TADJUDDIN CHALID MAKASSAR

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Latar Belakang: Hipertensi merupakan salah satu penyakit tidak menular yang menjadi penyebab utama kematian dini di seluruh dunia. Prevalensi hipertensi di Indonesia mencapai 34,11% (Risikesdas, 2018) dan di Sulawesi Selatan sebesar 31,68%. Pengendalian hipertensi dapat dilakukan melalui terapi farmakologis maupun non farmakologis. Salah satu terapi non farmakologis yang terbukti efektif adalah *Isometric Handgrip Exercise* (IHE), yaitu latihan kontraksi statis otot tangan yang dapat memperbaiki fungsi endotel, menurunkan aktivitas simpatis, serta menurunkan tekanan darah.

Tujuan: Mendeskripsikan penerapan *Isometric Handgrip Exercise* terhadap penurunan tekanan darah pada pasien hipertensi di IGD RSUP Dr. Tadjuddin Chalid Makassar.

Metode: Desain yang digunakan adalah laporan kasus pada satu pasien laki-laki usia 54 tahun dengan riwayat hipertensi. Pengkajian keperawatan dilakukan menggunakan pendekatan SDKI, SLKI, dan SIKI. Intervensi meliputi manajemen peningkatan tekanan intrakranial, manajemen nyeri, dan pemberian latihan *Isometric Handgrip Exercise*.

Hasil: Pasien masuk dengan tekanan darah 208/101 mmHg, nadi 107x/menit, keluhan nyeri kepala skala 5, mual, muntah, dan kelemahan. Setelah intervensi, tekanan darah menurun menjadi 180/80 mmHg, nadi 90x/menit, dan skala nyeri berkurang menjadi 3. Pasien tampak lebih rileks dan mampu beradaptasi dengan kondisi.

Kesimpulan: Penerapan *Isometric Handgrip Exercise* terbukti membantu menurunkan tekanan darah serta mengurangi keluhan nyeri pada pasien hipertensi. Latihan ini sederhana, murah, dapat dilakukan secara mandiri, dan aman untuk dijadikan terapi pendamping farmakologis.

Saran: Perawat diharapkan dapat menjadikan IHE sebagai salah satu intervensi non farmakologis dalam manajemen hipertensi, sementara pasien dan keluarga diharapkan mampu menerapkan latihan ini secara rutin di rumah untuk mengontrol tekanan darah.

Kata kunci: Hipertensi, *Isometric Handgrip Exercise*, Keperawatan

ABSTRACT

THE APPLICATION OF ISOMETRIC HANDGRIP EXERCISE IN REDUCING BLOOD PRESSURE AMONG HYPERTENSIVE PATIENTS AT Dr. TADJUDDIN CHALID GENERAL HOSPITAL MAKASSAR

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Background: Hypertension is one of the major non-communicable diseases and a leading cause of premature death worldwide. The prevalence of hypertension in Indonesia reaches 34.11% (Riskesdas, 2018) and 31.68% in South Sulawesi. Hypertension can be controlled through both pharmacological and non-pharmacological therapies. One non-pharmacological therapy proven effective is Isometric Handgrip Exercise (IHE), a static hand muscle contraction exercise that can improve endothelial function, reduce sympathetic activity, and lower blood pressure.

Objective: To describe the implementation of Isometric Handgrip Exercise in reducing blood pressure among hypertensive patients in the Emergency Department of Dr. Tadjuddin Chalid General Hospital Makassar.

Methods: The design used was a case report involving a 54-year-old male patient with a history of hypertension. Nursing assessment was conducted using the SDKI, SLKI, and SIKI approaches. Interventions included intracranial pressure management, pain management, and the administration of Isometric Handgrip Exercise.

Results: The patient arrived with a blood pressure of 208/101 mmHg, pulse rate of 107 beats/minute, headache with a pain scale of 5, nausea, vomiting, and weakness. After the intervention, blood pressure decreased to 180/80 mmHg, pulse rate to 90 beats/minute, and the pain scale reduced to 3. The patient appeared more relaxed and was able to adapt better to his condition.

Conclusion: The application of Isometric Handgrip Exercise effectively helped reduce blood pressure and relieve pain in hypertensive patients. This exercise is simple, inexpensive, can be done independently, and is safe to use as an adjunct therapy alongside pharmacological treatment.

Recommendations: Nurses are expected to use IHE as one of the non-pharmacological interventions in hypertension management, while patients and families are encouraged to perform this exercise regularly at home to help control blood pressure.

Keywords: Hypertension, Isometric Handgrip Exercise, Nursing