

## Asuhan keperawatan pada lansia risiko ketidakefektifan perfusi jaringan perifer dengan tindakan refleksologi kaki = Nursing care plan in elderly risk of peripheral tissue perfusion effectiveness by foot reflexology

Rachellya Volvo, author

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### Abstrak

<b>ABSTRAK</b><br>

Tingginya tingkat ketergantungan lansia disebabkan karena semakin meningkatnya usia baik jantung maupun pembuluh darah mengalami perubahan struktural dan fisiologis, perubahan tersebut terjadi lambat dan terus menerus tanpa disadari sehingga berisiko mengalami gangguan perfusi jaringan perifer. Penulis melakukan intervensi keperawatan dikombinasikan dengan tindakan komplementer refleksologi kaki pada lansia sebanyak 20 kali selama 25 - 40 menit. Bertujuan sebagai teknik relaksasi dengan meningkatkan aliran darah dan nutrisi kaya oksigen ke sel, menurunkan angka kesakitan akibat iskemia jaringan distal yang bila memburuk dapat berakibat terjadinya ganggren semakin memberat berisiko amputasi. Sehingga meningkatnya angka disability dan mortality lansia yang kemudian menurunkan kualitas hidup lansia sebelum akhir hayatnya.

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<b>ABSTRACT</b><br>

The high level of elderly dependence is due to the increasing age of both the heart and blood vessels undergoing structural and physiological changes, such changes occur slowly and continuously unnoticed thereby at risk of peripheral tissue perfusion disorders. The authors performed nursing interventions combined with complementary reflexology measures of the foot on the elderly as much as 20 times for 25 40 minutes. Aimed as a relaxation technique with increased blood flow and oxygen rich nutrients to cells, decreasing morbidity due to distal tissue ischemia which, when worsened, can result in gangrene becoming more and more potent at risk of amputation. So the increasing rate of disability and mortality elderly which then degrade the quality of life of the elderly before the end of their life.