

Analysis of Nursing Care in Mr. M with Hypertension and the Application of Benson Relaxation Therapy

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Abstract: Age-related changes in the cardiovascular system are one of the leading causes of various health problems among the elderly, particularly hypertension. Hypertension is a major risk factor for several cardiovascular diseases, including coronary heart disease, heart failure, pulmonary heart disease, cardiomyopathy, stroke, and kidney failure. Non-pharmacological treatments, such as Benson's Relaxation Therapy, have shown promise in managing hypertension by reducing blood pressure through relaxation techniques. This case study aims to explore the application of Benson's Relaxation Therapy as an intervention for hypertension in elderly patients with cardiovascular disturbances. The purpose of this case study is to provide an overview of the implementation of Benson's Relaxation Therapy as an intervention for hypertension and its impact on cardiovascular health in elderly patients. A descriptive case study design was used, which included anamnesis, observation, physical examination, and medical records review. The nursing care process was based on evidence-based practice (EBP) principles. The case involved a patient diagnosed with hypertension who was treated with Benson's Relaxation Therapy. The nursing interventions were analyzed in relation to hypertension management and its effects on the cardiovascular system. The study found that the patient presented with nursing diagnoses including acute pain, impaired physical mobility, and fall risk, with the primary issue being acute pain caused by elevated blood pressure. Benson's Relaxation Therapy was applied and led to a reduction in blood pressure over three therapy sessions. This empirical evidence suggests that Benson's Relaxation Therapy is an effective intervention for managing acute pain associated with elevated blood pressure in hypertensive patients. Therefore, it can be concluded that Benson's Relaxation Therapy is effective in lowering blood pressure in hypertensive patients in the Dahlia Room of Griya Lansia, Garut Regency. The application of Benson's Relaxation Therapy has proven to be effective in reducing blood pressure in hypertensive patients in the Dahlia Room of Griya Lansia, Garut Regency, Indonesia.

Keywords: Benson Relaxation Therapy, Blood Pressure Management, Case Study, Elderly Care, Hypertension, Nursing Care

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Introduction

As populations age, age-related changes in the cardiovascular system become increasingly prominent, especially in developed countries. Among the most significant cardiovascular issues in the elderly is hypertension, which is commonly linked to other serious health problems such as coronary heart disease,

stroke, heart failure, and kidney disease. The increasing prevalence of hypertension, particularly in older adults, calls for effective and comprehensive management strategies to prevent complications and improve quality of life.

Pharmacological treatments have long been the mainstay in managing hypertension. However, there is

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growing interest in non-pharmacological interventions that can complement traditional medical therapies, reduce dependence on medications, and address the underlying causes of hypertension in a holistic way. Benson's Relaxation Therapy, a method that involves controlled breathing and relaxation exercises, has been shown to reduce stress and lower blood pressure, making it an ideal intervention for hypertensive patients.

This case study explores the implementation of Benson's Relaxation Therapy in a patient with hypertension at an elderly care facility, Griya Lansia, in Garut Regency, West Java, Indonesia. The goal was to assess the effectiveness of this non-pharmacological approach in managing hypertension and improving overall cardiovascular health in elderly patients.

Method

This study used a descriptive case study design, with a focus on one patient diagnosed with hypertension. The patient was selected based on the presence of hypertension-related symptoms, including acute pain, impaired mobility, and an increased risk of falls. The nursing process was guided by evidence-based practice (EBP) principles, which included:

Assessment: The patient's medical history was obtained through anamnesis, followed by a physical examination. Blood pressure was monitored throughout the study to track any changes related to the intervention.

Intervention: Benson's Relaxation Therapy was implemented as a non-pharmacological intervention. The patient participated in relaxation sessions, which involved deep breathing and muscle relaxation techniques, aimed at reducing stress and promoting vasodilation to lower blood pressure.

Evaluation: Blood pressure readings were taken before and after each session to assess the effectiveness of the therapy. Additionally, pain levels and mobility were evaluated before and after each therapy session to determine any improvement.

The intervention was conducted over three consecutive days, with each session lasting approximately 20 minutes. The patient's blood pressure and pain levels were recorded before and after each session.

This descriptive case study involved a post-Cesarean patient in the Marjan Bawah Room of Dr. Slamet Garut General Hospital. The study aimed to evaluate the impact of lavender aromatherapy on pain reduction after a C-section.

The following methods were employed:

1. **Assessment:** Pain intensity was measured using the Numeric Rating Scale (NRS), a commonly used tool for assessing pain intensity on a scale of 0 to 10 (where 0 represents no pain and 10 represents the worst possible pain). The patient's pain level was assessed prior to the aromatherapy intervention and after each session of lavender aromatherapy.
2. **Intervention:** The patient received lavender aromatherapy treatment for three consecutive days. The intervention involved diffusing lavender essential oil in the room during the therapy session, and the patient was encouraged to inhale the scent for a period of 15–20 minutes.
3. **Evaluation:** Pain levels were reassessed after three days of lavender aromatherapy treatment to determine any changes in pain intensity.

Result and Discussion

The patient presented with the following nursing diagnoses acute pain (this was primarily related to elevated blood pressure), impaired physical mobility (due to the patient's hypertension, which affected their ability to perform daily activities), risk for falls (as a result of both the patient's blood pressure and reduced physical mobility).

After three sessions of Benson's Relaxation Therapy, the patient's blood pressure decreased significantly. Before the intervention, the patient's systolic blood pressure was recorded at 160 mmHg, and the diastolic pressure was 95 mmHg. After three sessions, systolic pressure dropped to 140 mmHg, and diastolic pressure decreased to 85 mmHg, indicating a notable improvement.

The patient also reported a reduction in acute pain after each therapy session, with pain scores decreasing from a 7 (moderate pain) to a 4 (mild pain) on a 0-10 scale. In terms of physical mobility, the patient showed improved functional abilities, with less difficulty in moving around and performing basic activities of daily living.

The findings from this case study demonstrate that Benson's Relaxation Therapy can be a promising non-pharmacological intervention for managing hypertension, particularly in elderly patients. Hypertension remains one of the most prevalent and concerning conditions affecting older adults, often leading to complications such as coronary artery disease, stroke, and kidney failure. Thus, an integrated approach that combines pharmacological treatment with complementary therapies is critical for improving long-term health outcomes in these patients (Anandita et al., 2020; Fryar et al., 2015; Oliveros et al., 2020).

Hypertension is primarily characterized by elevated blood pressure, which can result from various

factors, including stress, poor lifestyle habits, and age-related changes in the cardiovascular system. Traditional treatment protocols often rely heavily on medications like diuretics, ACE inhibitors, and calcium channel blockers to manage blood pressure. While these medications are essential for controlling hypertension, they can have side effects that may negatively impact the elderly, such as dizziness, dehydration, and renal dysfunction (Herrod et al., 2017). This makes it important to explore non-pharmacological interventions that can offer safe, adjunctive treatment.

Benson's Relaxation Therapy has been shown to activate the body's parasympathetic nervous system, resulting in a reduction in heart rate, blood pressure, and cortisol levels. By promoting relaxation, this technique reduces sympathetic nervous system activity, which is responsible for the "fight-or-flight" response, leading to vasoconstriction and higher blood pressure. In this study, the reduction in blood pressure following three sessions of Benson's Relaxation Therapy supports the findings of numerous studies that have shown the efficacy of relaxation techniques in lowering systolic and diastolic blood pressure (Ramadhani et al., 2023; Royani et al., 2022).

Interestingly, the patient in this case study not only experienced a decrease in blood pressure but also reported a reduction in acute pain, which is often associated with hypertension. This outcome highlights the multifactorial nature of hypertension and suggests that by managing stress and promoting relaxation, patients may experience broader benefits, including pain relief. This could be particularly valuable in elderly patients who may suffer from comorbidities like osteoarthritis, which exacerbate the pain and discomfort associated with high blood pressure.

As the global population ages, managing chronic conditions such as hypertension has become a significant challenge for healthcare systems worldwide. Pharmacological treatments remain essential, but they are not always sufficient on their own, especially in the elderly population, who are more vulnerable to the adverse effects of medications. Non-pharmacological interventions, such as Benson's Relaxation Therapy, offer a safe and effective alternative or adjunct to traditional pharmacological treatments (Dammati & Wulandari, 2020; Li et al., 2022; Ramadhani et al., 2023).

The incorporation of relaxation therapies in hypertension management protocols can also help address the root causes of high blood pressure, particularly stress and anxiety. Stress is a major contributor to elevated blood pressure and cardiovascular risk. Chronic stress leads to the prolonged activation of the sympathetic nervous system, resulting in higher levels of norepinephrine and

epinephrine, hormones that increase heart rate and constrict blood vessels. Benson's Relaxation Therapy, by contrast, encourages the "relaxation response," which involves deep breathing and focused relaxation, promoting vasodilation and lowering blood pressure (Fryar et al., 2015; Oliveros et al., 2020; Royani et al., 2022).

Furthermore, the positive impact of relaxation techniques on mental health is also notable. Hypertensive patients often experience anxiety and fear related to their condition, which can further exacerbate their symptoms. Benson's Relaxation Therapy, by promoting mental calmness and reducing anxiety, not only lowers blood pressure but also enhances overall well-being, improving patient adherence to treatment protocols and lifestyle modifications (Butar Butar et al., 2022; Dammati & Wulandari, 2020; MM et al., 2024).

The findings of this case study underscore the importance of holistic, patient-centered care in managing complex conditions such as hypertension. Nurses play a central role in assessing, planning, implementing, and evaluating care for patients with chronic conditions. In this case, the nursing care process involved not only the administration of Benson's Relaxation Therapy but also thorough patient education about hypertension, the importance of stress management, and strategies to improve physical health.

Holistic nursing care considers the physical, emotional, and psychological needs of the patient, focusing on the individual's overall well-being rather than just addressing the disease. By integrating non-pharmacological treatments like Benson's Relaxation Therapy into nursing care plans, nurses can help patients manage their hypertension more effectively while also improving their quality of life (MM et al., 2024; Ramadhani et al., 2023; Royani et al., 2022; Keawpimon & Samankasikorn, 2022). Education on relaxation techniques, self-management strategies, and lifestyle modifications can empower patients to take an active role in their own health care, potentially leading to better long-term outcomes.

Conclusion

In conclusion, this case study demonstrates that Benson's Relaxation Therapy can be an effective intervention for reducing blood pressure and alleviating symptoms in hypertensive patients, particularly in elderly populations. This non-pharmacological approach provides an additional tool for managing hypertension in clinical settings, especially in cases where patients may not respond well to medications or prefer alternative therapies. The results of this study support the inclusion of relaxation therapies in

hypertension management protocols, contributing to improved patient outcomes and quality of life.

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