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PENINGKATAN KEPATUHAN POLA HIDUP MELALUI PENYULUHAN KESEHATAN PADA KLIEN
HIPERTENSI Lisbeth Pardede¹, Renta Sianturi², Aprillia Veranita³ Departemen medical bedah STIKes Mitra
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_____ Abstrack Hypertension is
a chronic disease, recurring and the incidence rate is increasing annually. Hypertension required long-term
handling and demanding patient awareness in the maintenance of healthy behaviours.

Indeed, a large number of a patient unable to maintaining their behaviours so that needed in any way to the
improvement of patient behaviours within the upkeep of their lifestyles. The research was undertaken with a
quasi-experiment and be selected are 66 people by purposive-sampling and design of the pre-post test. The
data collected were according to the characteri