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Program Studi : Diploma III Keperawatan
Judul Karya Tulis Ilmiah : Asuhan Keperawatan pada Keluarga Bapak M Khususnya Bapak M dengan Hipertensi di RT 003 / RW 04 Kelurahan Ujung Menteng
Halaman : XIII + 131 halaman + 7 Tabel + 8 Lampiran
Pembimbing : Anung Ahadi Pradana

ABSTRAK

Latar Belakang: Hipertensi adalah suatu kondisi tekanan darah seseorang berada diatas angka normal yaitu 120/80 mmHg. Prevalensi hipertensi di Indonesia pada tahun 2018 sebesar 34,1%, yang terdiagnosis oleh tenaga kesehatan sebesar 8,4% dan riwayat minum obat hanya sebesar 8,8%.

Tujuan Umum: laporan kasus ini untuk memperoleh gambaran nyata melakukan edukasi proses penyakit hipertensi, memfasilitasi pengambilan keputusan perawatan, edukasi program pengobatan terkait terapi jus buah mentimun, edukasi kesehatan terkait diet rendah lemak dan pemanfaatan fasilitas pelayanan kesehatan.

Metode Penulisan: dalam penyusunan laporan yang kasus ini menggunakan metode deskriptif yaitu dengan mengungkapkan fakta-fakta sesuai dengan data-data yang didapat.

Hasil: hasil dari pengkajian yang didapatkan diagnose keperawatan prioritas manajemen kesehatan keluarga tidak efektif. Kriteria hasil yang disusun antara lain manajemen kesehatan keluarga, tingkat pengetahuan, perilaku kesehatan, kestausan kesehatan keluarga, intervensi yang direncanakan yaitu dukungan keluarga merencanakan keperawatan. Intervensi yang direncanakan yaitu edukasi proses penyakit hipertensi, memfasilitasi pengambilan keputusan perawatan, edukasi program pengobatan terkait terapi jus buah mentimun, edukasi kesehatan terkait diet rendah lemak dan pemanfaatan fasilitas pelayanan kesehatan. Implementasi dilakukan selama 7 hari, media dan alat peraga yang digunakan berupa *PowerPoint*. Hasil evaluasi menunjukkan bahwa tingkat pengetahuan, dukungan keluarga merencanakan perawatan, edukasi program pengobatan: melakukan prosedur perawatan, edukasi kesehatan terkait diet rendah lemak dan dukungan pengambilan keputusan: pemanfaatan fasilitas kesehatan meningkat dari skala 1 menjadi 5.

Kesimpulan dan Saran: semua perencanaan yang disusun sudah tercapai dan pelaksanaan dilakukan selama 5 kali pertemuan. Diharapkan pelayanan kesehatan memaksimalkan kunjungan kerumah.

Keyword: asuhan keperawatan keluarga, hipertensi.

Daftar Pustaka:

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The Tittle of Scientific Paper : Nursing Care for Mr. M's Family, Especially Mr. M with Hypertension in RT 003 / RW 04 Ujung Village
Pages : XIII + 131 Pages + 7 Tables + 8 Attachments
Supervisor : Anung ahadi Pradana

ABSTRACT

Background: Hypertension is a condition where a person's blood pressure is above the normal number, which is 120/80 mmHg. The prevalence of hypertension in Indonesia in 2018 was 34.1%, diagnosed by health workers by 8.4% and history of taking medication only 8.8%.

General Purpose: This case report aims to obtain a real picture of educating the process of hypertension, facilitating treatment decision making, educating treatment programs related to cucumber juice therapy, health education related to a low-fat diet and utilization of health care facilities.

Writing Method: in preparing this case report using a descriptive method, namely by revealing the facts in accordance with the data obtained.

Results: the results of the assessment obtained that the priority nursing diagnoses of family health management were not effective. The criteria for the results that have been compiled include family health management, level of knowledge, health behavior, family health status, planned interventions, namely family support for planning nursing. The planned interventions are educating the process of hypertension, facilitating treatment decision making, educating treatment programs related to cucumber juice therapy, health education related to a low-fat diet and utilization of health care facilities. Implementation was carried out for 7 days, the media and props used were PowerPoint. The results of the evaluation showed that the level of knowledge, family support for planning treatment, education on treatment programs: carrying out treatment procedures, health education related to a low-fat diet and decision-making support: utilization of health facilities increased from a scale of 1 to 5.

Conclusions and Suggestions: all the plans that have been prepared have been achieved and the implementation was carried out for 5 meetings. It is hoped that health services will maximize home visits.

Keyword: family nursing care, hypertension.

Bibliography: