

PROGRAM STUDI NERS

INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

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Asrifo Kaswandi

23501008

Asuhan Keperawatan Keluarga Dengan Penerapan *Hypertension Self Management Education (HESME)* Terhadap Masalah Keperawatan Defisit Pengetahuan Keluarga Di Kelurahan Rantau Panjang

X + 10 Halaman + 10 Tabel + 5 Lampiran

ABSTRAK

Hipertensi salah satu tantangan besar di Indonesia. Seseorang akan terdiagnosis hipertensi jika memiliki tekanan darah diatas nilai normal yaitu 140/90 mmHg. Hipertensi kondisi yang sering muncul pada pelayanan kesehatan primer dengan memiliki risiko morbiditas serta mortalitas yang terus meningkat selaras dengan naiknya tingkatan tekanan sistolik dan diastolik yang diakibatkan oleh gagal jantung, stroke dan gagal ginjal. Tujuan KIAN ini adalah memberikan edukasi *hypertension self management education (HESME)* terhadap keluarga dengan hipertensi sebagai intervensi masalah keperawatan defisit pengetahuan keluarga di kelurahan Rantau panjang. Metode yang digunakan dalam KIAN ini adalah observasi dan pemberian edukasi lansung. Sample penelitian ini adalah pasien dengan Hipertensi yang berjumlah 5 keluarga. Penelitian dilakukan mulai tanggal 27 mei sampai dengan 31 mei 2024 Di Kelurahan Rantau Panjang. peningkatan pengetahuan didapatkan nilai mean sebelum di berikan Pemberian edukasi hypertension self management education (HESME) yaitu (59.80) dan mean sesudah pemberian (114.40). Dengan nilai standar deviasi sebelum di berikan edukasi hypertension self management education (HESME) yaitu (6.534) dan sesudah (7.436) Dengan P Value setelah diberikan edukasi hypertension self mangament education (HESME) $0,000 < \alpha (0,05)$ di simpulkan H_0 ditolak, sehingga ada perbedaan tingkat pengetahuan sesudah diberikan edukasi hypertension self management education (HESME).

Kata Kunci : Hipertensi, Edukasi, Perawatan Diri

NERS STUDY PROGRAM

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Asrifo Kaswandi

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Family Nursing Care With The Application Of Hypertension Self Management Education (HESME) to The Nursing Problem of Family Knowledge Deficit In Rantau Panjang Village

X + 10 Tapes + 10 Tables + 5 Attachment

ABSTRACT

Hypertension is one of the big challenges in Indonesia. A person will be diagnosed with hypertension if they have blood pressure above the normal value, namely 140/90 mmHg. Hypertension is a condition that often appears in primary health care with a risk of morbidity and mortality that continues to increase in line with rising levels of systolic and diastolic pressure caused by heart failure, stroke and kidney failure. The aim of KIAN is to provide hypertension self-management education (HESME) to families with hypertension as an intervention for the nursing problem of family knowledge deficit in Rantau Panjang sub-district. The method used in KIAN is observation and providing direct education. The sample for this study was patients with hypertension totaling 5 families. The research was conducted from 27 May to 31 May 2024 in Rantau Panjang District. The increase in knowledge obtained was the mean value before giving hypertension self-management education (HESME), namely (59.80) and the mean after giving it (114.40). With the standard deviation value before being given hypertension self-management education (HESME) namely (6.534) and after (7.436). With the P value after being given hypertension self-management education (HESME) $0.000 < \alpha (0.05)$ it can be concluded that H_0 is rejected, so there is a difference in the level of knowledge after being given hypertension self-management education (HESME).

Keywords : Hypertension, Education, Self Management