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Asuhan Keperawatan Keluarga Dengan Penerapan *Hypertension Self Management Education* Terhadap Masalah Keperawatan Ketidakefektifan Manajemen Kesehatan Keluarga Penderita Hipertensi Di Desa Sungai Putih Kec. Tapung Kab. Kampar

Xii+51 Halaman+11 Tabel+8 Lampiran

ABSTRAK

Hipertensi merupakan penyakit yang tidak dapat disembuhkan namun dapat dikendalikan supaya tidak terjadi peningkatan yang dapat menimbulkan kerusakan pembuluh darah di organ seperti serangan jantung, gagal jantung, kerusakan ginjal dan stroke. *Self management* pada hipertensi yang tidak efektif merupakan kemampuan pasien terkait perubahan gaya hidup yang tidak adekuat dalam mengontrol tanda dan gejala hipertensi. Tujuan Karya Ilmiah Akhir Ners Adalah memberikan gambaran tentang hasil praktik profesi ners dengan Aplikasi Asuhan Keperawatan Keluarga Dengan Penerapan *Hypertension Self Management Education* Terhadap Masalah Keperawatan Ketidakefektifan Manajemen Kesehatan Keluarga Penderita Hipertensi Di Desa Sungai Putih Kecamatan Tapung Kab Kampar. Metode yang digunakan dalam pelaksanaan intervensi keperawatan pemberian *hypertension self management education*. Keunggulan dari *hypertension self management education* bagi keluarga dan pasien untuk meningkatkan pengetahuan dan kesadaran, meningkatkan kualitas hidup, meningkatkan keterampilan mengambil keputusan. Pemberian *hypertension self management education* dilaksanakan selama 3 kali pertemuan, hasil studi kasus ini setelah dilakukan sebanyak 3 kali pertemuan pemberian *hypertension self management education* didapatkan nilai rata-rata ketidakefektifan manajemen kesehatan keluarga terhadap penerapan *hypertension self management education*, hasil pretest keluarga tn. P 16 dan nilai keluarga tn. A 14 setelah diberikan intervensi selam tiga hari berturut-turut yaitu didapatkan nilai posttest keluarga tn. P 29 dan keluarga tn. A 30 (nilai rata-rata dari SLKI) terjadinya peningkatan yang signifikan.

Kata Kunci : *Hypertension Self-Management Education*, Keluarga, Hipertensi
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**Family Nursing Care with theApplication ofHypertension Self Management
Education to the Nursing Problem of Ineffective Family Health Management
of Hypertension Sufferers White River. Tapung District. KamparRegency**

Xii+51Halaman+11Tabel+8Lampiran

ABSTRACT

Hypertension is a disease that cannot be cured but can be controlled to prevent an increase that can cause damage to blood vessels in organs such as heart attack, heart failure, kidney damage, and stroke. Ineffective self-management in hypertension is the patient's ability related to inadequate lifestyle changes in controlling signs and symptoms of hypertension. The purpose of this Final Nursing Scientific Paper is to provide an overview of the results of professional nursing practice with the Application of Family Nursing Care with Hypertension Self-Management Education Intervention to the Nursing Problem of Ineffective Health Management in Hypertensive Patients in Sungai Putih Village, Tapung District, Kampar Regency. The method used in the implementation of nursing intervention is the provision of hypertension self-management education. The advantages of hypertension self-management education for families and patients are to increase knowledge and awareness, improve quality of life, and enhance decision-making skills. The provision of hypertension self-management education was carried out over three sessions. Based on the case study results, after the three sessions of hypertension self-management education, the average score indicating the ineffectiveness of the family's health management in implementing hypertension self-management education showed a significant improvement. The pretest scores for Mr. P's family and Mr. A's family were 16 and 14, respectively. After receiving the intervention for three consecutive days, their posttest scores increased to 29 and 30, respectively (based on the SLKI average scores), indicating a significant improvement.

Keywords: Hypertension Self-Management Education, Family, hypertension
References: 21 (2020-2024)