

INTISARI

IMPLEMENTASI REBUSAN DAUN SELEDRI UNTUK PENURUNAN TEKANAN DARAH TERHADAP HIPERTENSI PADA LANSIA NY. S

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Pendahuluan : Tekanan darah yaitu suatu masalah kesehatan global karena tingginya prevalensi. Studi kasus tentang penggunaan daun seledri matang untuk menurunkan tekanan darah pada penderita hipertensi dilakukan untuk mendapatkan pemahaman yang lebih mendalam.

Metode : Metode penelitian kualitatif digunakan dalam studi kasus untuk mengkaji klien dengan Hipertensi secara tatap muka.

Hasil : Diagnosisnya adalah nyeri akut, gangguan tidur dan berkurangnya mobilitas fisik, dan sesudah diberikan keperawatan 3 hari masalah tersebut dapat teratasi.

Kesimpulan : 3 masalah yang muncul pada klien bisa teratasi sesudah diberikan tindakan keperawatan selama 3x 24 jam

Saran : Penelitian ini diharapkan dapat menjadi keputusan dalam keperawatan dan perawatan mandiri lansia penderita hipertensi.

Kata kunci : Hipertensi, Daun seledri, Nyeri akut

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ABSTRACT

IMPLEMENTATION OF BOILED CELERY LEAVES TO REDUCE BLOOD PRESSURE AGAINST HYPERTENSION IN THE ELDERLY NY. S

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Introduction : Blood pressure is a global health problem due to its high prevalence. A case study on the use of boiled celery leaves to reduce blood pressure in hypertension sufferers was carried out to gainst a deeper understanding.

Method : Qualitative research methods are used in case studies to examine clients with hypertension face to face.

Results : The diagnosis was acute pain, sleep disturbances and reduced physical mobility and after 3 days of nursing the problems were resolved.

Conclusion : 3 problems that arise in clients can be resolved after being given nursing action for 3 x 24 hours.

Suggestion : It is hoped that this research can become a desicion in nursing and self-care for elderly people with hypertension.

Key words : Hypertension, celery leaves, acute pain.

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