

## Analisis praktik klinik asuhan keperawatan pada lansia dengan risiko ketidakstabilan tekanan darah dan penerapan intervensi diet DASH = Analysis of nursing care clinical practices in the elderly at risk of blood pressure instability and application of the DASH diet intervention.

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### Abstrak

Hipertensi masih menjadi tren penyakit yang paling sering diderita oleh lansia. Penatalaksanaan hipertensi dapat dilakukan menggunakan intervensi non-farmakologi dan intervensi farmakologi. Intervensi yang disarankan untuk penatalaksanaan pertama pada penderita hipertensi ialah intervensi non-farmakologi melalui modifikasi gaya hidup dengan mengatur pola diet. Diet yang disarankan ialah Dietary Approaches to Stop Hypertension (DASH). Tujuan dari penerapan diet DASH ini ialah untuk menurunkan tekanan darah pada lansia hipertensi dengan masalah keperawatan risiko ketidakstabilan tekanan darah. Intervensi dilakukan selama empat belas hari penerapan diet DASH dengan pencatatan asupan makanan menggunakan food recall 24 jam setiap harinya dan pengukuran tekanan darah setiap kunjungan rumah. Hasil dari intervensi yang telah dilakukan pada Nenek K tidak menunjukkan hasil yang diharapkan, tekanan darah pada Nenek K tidak menurun secara signifikan. Akan tetapi, pola makan pada Nenek K sudah teratur dan terkontrol dengan penerapan diet DASH. Hal ini terjadi karena ada berbagai faktor lain yang mempengaruhi tekanan darah seperti aktivitas fisik, stres, dan kepatuhan minum obat, sehingga alasan dari tujuan intervensi tidak tercapai selain waktu penerapan yang singkat, masih banyak hal yang mempengaruhi tekanan darah pada lansia dan diet makanan hanya salah satu faktor saja.

.....Hypertension is still one of the most common disease suffered by the elderly. Managing hypertension is done through non-pharmacological and pharmacological intervention. The recommended intervention as first-line intervention for patients with hypertension is non-pharmacological through lifestyle modification by adjusting diet patterns. The recommended diet pattern is Dietary Approaches to Stop Hypertension (DASH). The purpose of implementing DASH is to reduce blood pressure in patients with the risk of blood pressure instability. In this study, the intervention was carried out for fourteen days of applying DASH. Food intake was recorded using food recall 24 hours a day and blood pressure was measured at every home visit. The results of the intervention that had been carried out on Mrs. K did not show the expected results. Mrs. K's blood pressure did not decrease significantly. This happened because of the short implementation time of the DASH diet, which was 14 days. The results of this study could be to be used by nurses as a reference in implementing DASH for the elderly with hypertension to reduce blood pressure. However, Mrs. K's eating pattern was regular and controlled with the application of DASH diet. There were other factors that affected blood pressure such as physical activity, stress, and medication adherence that might have contributed to the failing of the intervention. The short amount of time during which the intervention was done was just one factor of it.