

ANALISIS ASUHAN KEPERAWATAN KELUARGA DENGAN KOMBINASI INTERVENSI LATIHAN ISOMETRIK DAN PEMBERIAN DAUN SELEDRI UNTUK MENURUNKAN TEKANAN DARAH DI WILAYAH DEPOK

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Abstrak

Hipertensi merupakan masalah kesehatan kronis yang umum terjadi dan berisiko menimbulkan komplikasi bila tidak ditangani dengan baik. Pengelolaannya tidak hanya mengandalkan terapi farmakologis, tetapi juga memerlukan intervensi nonfarmakologis yang mudah diterapkan di keluarga. Penelitian ini bertujuan menganalisis asuhan keperawatan keluarga dengan kombinasi latihan isometrik dan pemberian daun seledri dalam menurunkan tekanan darah di wilayah Depok. Studi kasus dilakukan melalui proses keperawatan meliputi pengkajian, diagnosa, perencanaan, implementasi, dan evaluasi selama empat minggu dengan dua belas kali kunjungan. Latihan isometrik diberikan tiga kali per minggu selama 15–20 menit, sedangkan rebusan daun seledri dikonsumsi sekali sehari. Hasil menunjukkan penurunan tekanan darah yang bermakna serta peningkatan pengetahuan, kepatuhan, dan kemampuan keluarga dalam mengelola hipertensi. Kombinasi intervensi tersebut memberikan efek positif sebagai upaya pengendalian tekanan darah di tingkat keluarga.

Kata kunci: Hipertensi; Asuhan Keperawatan Keluarga; Latihan Isometrik; Daun Seledri; Tekanan Darah.

ANALYSIS OF FAMILY NURSING CARE WITH A COMBINATION OF ISOMETRIC EXERCISE INTERVENTIONS AND CELERY LEAF ADMINISTRATION TO REDUCE BLOOD PRESSURE IN THE DEPOK AREA

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Abstract

Hypertension is a common chronic health problem and poses a risk of complications if not managed properly. Its management does not rely solely on pharmacological therapy but also requires non-pharmacological interventions that are practical and feasible to implement within the family setting. This study aims to analyze family nursing care using a combination of isometric exercise and celery leaf administration to reduce blood pressure in the Depok area. This case study was conducted through the nursing care process, including assessment, diagnosis, planning, implementation, and evaluation over four weeks with twelve home visits. Isometric exercises were performed three times per week for 15–20 minutes, while boiled celery leaf extract was consumed once daily. The results showed a significant reduction in blood pressure, along with improvements in family knowledge, adherence, and ability to manage hypertension. The combination of these interventions provided positive effects as an effort to control blood pressure at the family level.

Keywords: Hypertension; Family Nursing Care; Isometric Exercise; Celery Leaf; Blood Pressure.