

**ANALISIS ASUHAN KEPERAWATAN INTERVENSI
INOVASI *ISOMETRIC HANDGRIP EXERCISE TRAINING*
PADA PASIEN DENGAN HIPERTENSI HIPERTENSI DI IGD
RS BHAYANGKARA TK. I R. SAID SUKANTO.**

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Abstrak

Hipertensi merupakan faktor resiko tertinggi yang menyebabkan kematian diseluruh dunia. Kejadian hipertensi terus mengalami peningkatan karena terbiasa menjalankan pola hidup yang tidak sehat serta gejala yang tidak timbul, oleh karena itu seringkali disebut the silent killer. Pelaksanaan kegiatan ini untuk menganalisis efektifitas intervensi inovasi *Isometric Handgrip Exercise Training* terhadap penurunan tekanan darah pada pasien hipertensi di IGD RSBhayangkara Tk. 1 R. Said Sukanto. Setelah melakukan intervensi inovasi dengan frekuensi sebanyak dua kali, menunjukkan bahwa ada perubahan tekanan darah sistolik dengan penurunan rata-rata 5 mmHg. Berdasarkan analisis intervensi inovasi tersebut, dapat disimpulkan bahwa terapi *Isometric Handgrip Exercise Training* memberikan perubahan bermakna pada tekanan darah pasien hipertensi.

Kata Kunci: Tekanan darah, hipertensi, *Isometric Handgrip Exercise Training*

NURSING CARE ANALYSIS OF INNOVATION ISOMETRIC HANDGRIP EXERCISE TRAINING INTERVENTION IN PATIENTS WITH HYPERTENSION AT EMERGENCY ROOM BHAYANGKARA TK. I R. SAID SUKANTO HOSPITAL

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Abstract

Hypertension is the highest risk factor that causes death worldwide. The incidence of hypertension continues to increase because people are used to living an unhealthy lifestyle and symptoms that do not arise, that's why hypertension is often called the silent killer. The implementation of this activity is to analyze the effectiveness of the *Isometric Handgrip Exercise Training* innovation intervention on reducing blood pressure in hypertensive patients in the Emergency Unit Bhayangkara Tk. 1 R. Said Sukanto Hospital. After performing the innovation intervention with a frequency of twice, it showed that there was a change in systolic blood pressure with an average decrease of 5 mmHg. Based on the analysis of the innovation intervention, it can be concluded that the Isometric Handgrip Exercise Training therapy provides significant changes in the blood pressure of hypertensive patients

Keywords: Blood Pressure, Hypertension, Isometric Handgrip Exercise Training