

PROVIDING EDUCATION ABOUT HYPERTENSION IN THE ELDERLY
AT THE TRESNA WERDHA ELDERLY AGE PRIVATE HOUSE POSTS 7 SENTANI,
JAYAPURA DISTRICT

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ABSTRACT

Background The elderly group can trigger the emergence of various diseases such as arthritis, heart and blood vessels, hypertension. Body mass index (BMI) is directly correlated with blood pressure, especially systolic blood pressure. Elderly people who have a history of hypertension take hypertension medication, receive less education regarding hypertension, but are given regular check-ups, namely posyandu, by the nearest health center. Based on this, it is necessary to provide regular education or counseling about hypertension in the elderly. The method of implementing activities is carried out through an approach, namely analyzing the conditions of the target area, followed by identifying problems, planning interventions and carrying out implementation to overcome the planned problems by carrying out activities in the form of providing education, namely health promotion. associated with hypertension. As a result of observations from this health education activity, there were 3 elderly people who actively asked the instructor. Then the instructor answered questions from the elderly. After getting answers to their questions, the elderly people who asked seemed to understand. By administering traditional medicine to the elderly, several elderly people with hypertension experienced a reduction in blood pressure of 130/80 mmHg.

Keywords: Education, Hypertension, Elderly

1. INTRODUCTION

Hypertension is a chronic disease with the main risk factors for cardiovascular disease, with the main causes being heredity and lifestyle and daily living behavior. There is very low awareness in society about hypertension, so many people experience strokes (Surayitno & Huzaimah, 2020)

Hypertension is mixed with intermittent or persistent increases in diastolic and systolic blood pressure. In the elderly population, hypertension is defined as a systolic pressure of 160 mmHg and a diastolic pressure of 90 mmHg (Smeltzer, 2017). In the elderly population, hypertension is defined as a systolic pressure of 160 mmHg and a diastolic pressure of 90 mmHg (Brunner & Suddarth, 2016 in Pribadi et al., 2021)

Hypertension sufferers in the elderly will experience a decrease in the quality of life caused by the hypertension they suffer from, factors that cause a person to experience hypertension are wrong lifestyles such as

smoking, diabetes mellitus, obesity, and other comorbidities that can trigger hypertension (Wardani et al. . . , 2018)

The physical health of the elderly really needs attention because it can pose a threat to the elderly and cause health problems such as hypertension. Hypertension is one of the factors that causes death, the prevalence is 34.1% with a diagnosis of hypertension (WHO, 2013 in Mahmudah et al., 2015) .

Hypertension is a disease that attacks the cardiovascular side, this disease causes the main death in the elderly with very high hypertension, with increasing age hypertension will also increase (Medebdi & Serve, 2023)

The problem that stands out among the elderly is the lack of providing education regarding hypertension experienced by the elderly, as well as the elderly's understanding regarding hypertension and not providing education regarding the consumption of traditional blood medicine to reduce high blood pressure.

The results of research conducted by (Sesrianty et al., 2020) , providing hypertension education to the elderly resulted in an increase in the elderly's understanding about hypertension and prevention. From the results of providing education it is hoped that prevention efforts can be carried out by maintaining a healthy lifestyle. In line with research conducted by (Istiqomah et al., 2022) , providing education to the elderly about hypertension experienced an increase in knowledge after being given an understanding of hypertension.

Research conducted by (Damayanti et al., 2022) , changes in blood pressure can be influenced by providing education to the elderly. In line with research results (Tanjung et al., 2023) , elderly people can do lanisa fitness exercises to reduce hypertension in the elderly.

Research conducted by (Nursing et al., nd) , providing education to elderly people with hypertension can increase elderly knowledge regarding hypertension so that their lifestyle remains maintained and healthy.

2. PROBLEM

Problems that occur in the elderly with high blood pressure, which affects physical health, so that the problem of hypertension in the elderly requires providing understanding and traditional treatment. Understanding the elderly about hypertension, where the elderly have been given an understanding but has not implemented it, so it is necessary to provide an understanding regarding traditional prevention and treatment of hypertension.

The activity carried out before providing counseling or education to the elderly is to carry out observations or collect initial data before carrying out community service. Based on this, the head of the elderly foster home post 7 Sentani said that the average elderly person has hypertension, so there is a need for counseling. Regarding hypertension, education has been provided before but the elderly did not implement or implement this. So there is a need for follow-up monitoring of high blood pressure/hypertension in the elderly. Based on the above, the problem formulated is the need to provide education and monitoring of hypertension in the elderly by providing traditional treatment to lower blood pressure in the elderly.

3. LITERATURE REVIEW

Hypertension Concept Understanding Hypertension in the Elderly. Hypertension is characterized by intermittent or persistent increases in diastolic and systolic blood pressure. In the elderly population, hypertension is defined as a systolic pressure of 160 mmHg and a diastolic pressure of 90 mmHg (Smeltzer, 2017). According to WHO (1978), blood pressure equal to or above 160/95 mmHg is defined as hypertension. In the elderly population, hypertension is defined as a systolic pressure of 160 mmHg and a diastolic pressure of 90 mmHg (Brunner & Suddarth, 2016)

Etiology of Hypertension in the Elderly. With the normal physiological changes of aging, other risk factors for hypertension include diabetes, race, family history, gender, lifestyle factors, such as obesity, high salt intake, excessive alcohol. Risk factors that influence hypertension that can or cannot be controlled include:

Risk factors that cannot be controlled:

Obesity. At the age of + 50 years and older adults, calorie intake compensates for the decrease in energy needs due to lack of activity. That's why weight increases. Obesity can worsen the condition of the elderly. The elderly group can trigger various diseases such as arthritis, heart and blood vessels, hypertension. Body mass index (BMI) is directly correlated with blood pressure, especially systolic blood pressure. The relative risk of suffering from hypertension in obese people is 5 times higher than in people of normal weight. It was found that around 20-30% of hypertensive sufferers were overweight.

Lack of Exercise. Exercise is often associated with the management of non-communicable diseases, because isotonic and regular exercise can reduce peripheral resistance which will lower blood pressure (for hypertension) and train the heart muscle so that it becomes accustomed to the heart having to do harder work due to certain conditions. Lack of physical activity increases risk of high blood pressure due to increased risk of becoming obese. People who are inactive tend to have a faster heart rate and their heart muscle has to work harder with each contraction, the harder and more often the heart has to pump the greater the force exerted on the arteries.

Smoking habit Smoking causes an increase in blood pressure. Heavy smoking can be associated with an increased incidence of malignant hypertension and the risk of renal artery stenosis leading to atherosclerosis.

Drink alcohol. Many studies have proven that alcohol can damage the heart and other organs, including blood vessels. The habit of drinking excessive alcohol is one of the risk factors for hypertension.

Signs and Symptoms of Hypertension in the Elderly (Aminudin and Syakib, 2020) : Headache in the nape of the neck, Cloudy Eyes, Hard to sleep, Dizzy, Ears Ringing, Dizzy Eyes, Hard to sleep, Hypertension Diet

The aim of the diet is as follows: Helps lower blood pressure, Helps eliminate fluid accumulation in the body. Prevent hypertension complications

Diet requirements: Diverse foods follow a balanced nutritional pattern, Balanced type and composition, Consume table salt <5g/day (1 tsp), Limit consumption of saturated fat, Increase consumption of food sources of potassium, calcium and magnesium

Traditional Treatment of Hypertension (Dafriani & Prima, 2019). Cucumber, One food that is believed to help stabilize blood pressure is

cucumber. 100 grams of cucumber contains 136 mg of potassium and 12 mg of magnesium. The body needs potassium and sodium to maintain muscle function and relax blood vessel walls. Normal potassium levels in the body are also important for conducting electrical signals in the nervous system and heart. Cucumbers also contain various amino acids which help improve body homeostasis so that the body can function normally. The various contents of cucumber can help the body maintain normal blood pressure. Star fruit Star fruit is very good for consumption by hypertension sufferers. A food is said to be healthy for the heart and blood vessels if it contains a minimum potassium:sodium ratio of star fruit.

4. METHOD

The implementation of community service activities is carried out through an analysis approach to the condition of the target area, then continued with identifying problems, as well as planning interventions and implementing problems that arise to overcome these problems. The planning carried out is by providing education/counseling as well as providing traditional medicine to the elderly, evaluating activities by monitoring blood pressure experienced by the elderly.

The steps in providing education about hypertension in the elderly are as follows:

1. collaborate with partners and then coordinate related community service activities
2. request permission to carry out outreach activities
3. providing information to the elderly that counseling will be carried out as well as monitoring blood pressure and administering traditional medicine
4. carry out outreach activities

This activity was carried out by providing an understanding regarding hypertension, then continued with blood pressure monitoring, then traditional medicine was given.



Figure 1

5. RESULTS AND DISCUSSION

a. Results

Community service activities carried out at the post 7 Tersna Werdha Elderly Home, Jayapura Regency are carried out in stages for each elderly person. the theme of conveying education about hypertension in the elderly as well as monitoring hypertension and administering traditional medicine to lower blood pressure. The results of observations made during this health education activity showed that 5 elderly people were active in asking questions to the instructor. Then it is answered directly by the material provider. After getting the answer to the question, the elderly person who asked seemed to understand. The extension material is in the form of leaflets, then the extension participants also receive adequate packages as well as leaflets and traditional medicine.



Picture 2. Activities to provide counseling to the elderly in their respective homes



Picture 3. will monitor blood pressure



Picture 4. carry out documentation after the activity

b. Discussion

Community service activities are carried out at the Tresna Werdha Elderly Home, Jayapura Regency for elderly people who have high blood pressure, where the implementation is carried out by providing education in the form of health education and monitoring the elderly's knowledge and understanding of hypertension, with the results after the counseling is carried out using leaflets provided. There is an increase in knowledge and behavior in consuming foods that can trigger an increase in blood pressure. then the implementation of the service to the community runs smoothly based on the time that has been arranged. This activity is carried out by giving the elderly the opportunity to increase the knowledge they already have. After being given counseling, initial blood pressure monitoring is carried out. This is done so that changes can be identified that occur before and after being given the counseling, then a final evaluation is carried out by checking blood pressure in the elderly.

The process of implementing counseling or providing education to the elderly to reduce hypertension which can be done by preventing and controlling hypertension (Ariyanti et al., 2020) . Consuming foods high in salt is one of the causes of hypertension. Consuming hypertension foods that contain high levels of salt will result in air retention so that blood volume will increase (Gadingrejo et al., 2020)

6. CONCLUSIONS AND RECOMMENDATIONS

Community Service Activities carried out for the elderly found that several elderly people experienced changes or decreases in blood pressure after being given health education regarding the hypertension diet, and also all the nursing home staff knew that the hypertension diet which could lower blood pressure would be conveyed to the nursing home staff in the kitchen section for management. food for elderly people with hypertension.

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