

POLITEKNIK KESEHATAN TANJUNGPUR
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Gambaran Asupan Natrium, Kalium, Riwayat Keluarga dan Kebiasaan Merokok Pada Penderita Hipertensi Di Puskesmas Ketapang Kecamatan Sungkai Selatan Kabupaten Lampung Utara Tahun 2023

xiii + 65 halaman + 15 tabel, 3 gambar, 8 lampiran

ABSTRAK

Hipertensi merupakan gangguan pada sistem peredaran darah yang menyebabkan kenaikan tekanan darah diatas nilai normal. Di Kabupaten Lampung Utara jumlah penderita hipertensi yaitu 79.221 orang, dengan penderita hipertensi yang berobat secara teratur hanya 27,30% (Dinkes, 2020). Penyakit hipertensi merupakan penyakit terbanyak ke 4 di Puskesmas Ketapang.

Jenis penelitian ini adalah penelitian deskriptif. Penelitian ini dilakukan di poli rawat jalan Puskesmas Ketapang. Sampel dalam penelitian ini adalah pasien yang datang ke poli rawat jalan puskesmas ketapang pada tanggal 29 April - 02 Mei 2023, pengambilan sampel dengan cara *accidental* sampling berjumlah 17 orang. Analisis data yang dilakukan adalah analisis univariat untuk mendeskripsikan karakteristik setiap variabel penelitian.

Hasil penelitian menunjukkan bahwa tingkat pendidikan terakhir responden SD/ sederajat 58,8%, dan responden dengan pekerjaan Lainnya (tani) 52,9%. Asupan natrium penderita hipertensi dengan kategori lebih (>110%) 47,1%, normal (90-110%) 17,6%, dan kurang (<90%) 35,3%, asupan kalium responden kurang (<90%) sebanyak 100%, riwayat keluarga yang memiliki hipertensi 76,5%, dari 17 responden, 88,2% tidak merokok dan 11,8% mantan perokok, dan lama merokok ≤10 tahun 11,8%, 5,9% mengkonsumsi rokok 10 batang/hari, dan 5,9% mengkonsumsi rokok 10-20 batang/hari.

Disarankan bagi pasien bagi pasien yang memiliki asupan natrium tinggi diharapkan mengurangi asupan garam, mengurangi dalam mengkonsumsi makanan instan, meningkatkan asupan sayur dan buah, serta mengaplikasikan diet DASH. Bagi pasien yang kurang mengkonsumsi kalium dianjurkan mengkonsumsi makanan tinggi kalium, seperti genjer, pisang uli, jamur tiram, jamur kuping, timun suri, markisa, dan lain-lain (TKPI, 2019). Dan bagi pasien dan keluarga pasien diharapkan mampu menjaga pola hidup sehat seperti rutin dalam mengontrol kesehatan, rutin berolahraga minimal 30 menit sehari, konsumsi buah dan sayur, rajin mencuci tangan, konsumsi air mineral minimal 8 gelas/hari, batasi gula dan garam yang berlebih, rutin dalam mengkonsumsi obat bagi penderita hipertensi, serta rutin dalam mengikuti kegiatan senam yang dilaksanakan oleh pihak puskesmas.

Kata kunci : Hipertensi, Natrium, Kalium

Daftar bacaan : 67 (2003-2023)

**TANJUNGPANG HEALTH POLYTECHNIC
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Overview of Sodium, Potassium, Family History and Smoking Habits in Hypertensive Patients at the Ketapang Health Center, South Sungkai District, North Lampung Regency in 2023

xiii + 65 pages + 15 tables, 3 figures, 8 appendices

ABSTRACT

Hypertension is a disorder of the circulatory system that causes an increase in blood pressure above normal values. In North Lampung Regency, the number of people with hypertension is 79,221 people, with hypertension patients who seek treatment regularly only 27.30% (Dinkes, 2020). Hypertensive disease is the 4th most common disease in Ketapang Health Center.

This type of research is descriptive research. This research was conducted at the outpatient poly of the Ketapang Health Center. The samples in this study were patients who came to the outpatient poly of the Ketapang Health Center on April 29 - May 2, 2023, sampling by *accidental* sampling amounted to 17 people. The data analysis carried out is a univariate analysis to describe the characteristics of each research variable.

The results showed that the last education level of elementary / equivalent respondents was 58.8%, and respondents with other occupations (farmers) 52.9%. Sodium intake of hypertensive patients with more categories (>110%) 47.1%, normal (90-110%) 17.6%, and less (<90%) 35.3%, potassium intake of respondents less (<90%) as much as 100%, family history of hypertension 76.5%, from 17 respondents, 88.2% did not smoke and 11.8% were former smokers, and long smoking ≤ 10 years 11.8%, 5.9% consumed 10 cigarettes / day, and 5.9% consumed cigarettes 10-20 cigarettes / day.

It is recommended for patients who have high sodium intake to reduce salt intake, reduce consumption of instant food, increase vegetable and fruit intake, and apply the DASH diet. For patients who consume less potassium, it is recommended to consume foods high in potassium, such as genjer, uli banana, oyster mushrooms, ear mushrooms, cucumber suri, passion fruit, and others (TKPI, 2019). And for patients and their families, patients are expected to be able to maintain a healthy lifestyle such as routine health control, routine exercise at least 30 minutes a day, consumption of fruits and vegetables, diligent hand washing, consumption of mineral water at least 8 glasses / day, limit excess sugar and salt, routine consumption of drugs for people with hypertension, and routine in participating in gymnastics activities carried out by the puskesmas.

Keywords : Hypertension, Sodium, Potassium

Reading list : 67 (2003-2023)