

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN
TANJUNGPURUN
JURUSAN KEPERAWATAN
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

Karya Tulis Ilmiah, Mei 2025
Denta Syahputra

PENERAPAN EDUKASI PEMBUATAN JUS MENTIMUN TERHADAP
TEKANAN DARAH PASIEN HIPERTENSI DI WILAYAH KERJA
PUSKESMAS KALIBALANGAN LAMPUNG UTARA

xvi + 53 halaman + 14 tabel + 2 gambar + 5 lampiran

ABSTRAK

Hipertensi merupakan penyakit tekanan darah yang meningkat di luar kisaran normal, dengan tekanan sistolik di atas 140 mmHg dan tekanan diastolik di atas 90 mmHg. Edukasi kesehatan memiliki peranan penting bagi lansia dengan hipertensi. Minimnya pengetahuan pada lansia mengakibatkan gaya hidup yang tidak tepat akan berdampak buruk bagi kesehatan lansia. Tujuan penulisan laporan tugas akhir ini memberikan penerapan edukasi pembuatan jus mentimun terhadap tekanan darah pasien hipertensi. Diagnosis yang ditegakkan defisit pengetahuan intervensi diberikan edukasi mengenai pengertian, tanda gejala, penyebab dan keterampilan cara pembuatan jus mentimun. Implementasi ini dilaksanakan 3 hari, hari pertama edukasi tentang penyakit hipertensi dan manfaat mentimun, hari kedua edukasi cara pembuatan jus mentimun dan hari ketiga mengevaluasi cara pembuatan jus mentimun, meminta klien mempraktikkan pembuatan jus mentimun sendiri. Evaluasi yang diharapkan klien paham tentang pengertian hipertensi tanda gejala, klien paham cara pembuatan jus dan klien mampu mempraktikkan pembuatan jus sendiri. Kesimpulan dengan edukasi kesehatan pada kasus hipertensi selama tiga hari, terdapat peningkatan pengetahuan tentang pengertian, tanda gejala, penyebab hipertensi dan keterampilan cara pembuatan jus mentimun. Diharapkan klien dapat meningkatkan pengetahuan tentang pengertian, tanda gejala dan penyebab hipertensi, keterampilan cara pembuatan jus mentimun yang dilakukan secara mandiri.

Kata kunci : Edukasi, hipertensi, lansia
Daftar bacaan : 30 (2016 - 2024)

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*IMPLEMENTATION OF EDUCATION ON MAKING CUCUMBER JUICE ON
BLOOD PRESSURE OF HYPERTENSION PATIENTS IN WORKING AREA OF
KALIBALANGAN COMMUNITY HEALTH CENTER, NORTH LAMPUNG*

xvi + 53 pages + 14 table + 2 pictures + 5 appendices

ABSTRACT

Hypertension is a blood pressure disease that increases outside the normal range, with systolic pressure above 140 mmHg and diastolic pressure above 90 mmHg. Health education plays an important role for the elderly with hypertension. Lack of knowledge in the elderly results in an inappropriate lifestyle that will have a negative impact on the health of the elderly. The purpose of writing this final project report is to provide an application of cucumber juice education for blood pressure in hypertensive patients. The diagnosis that is established is a knowledge deficit, intervention is given education about the definition, signs, symptoms, causes and skills on how to make cucumber juice. This implementation is carried out for 3 days, the first day is education about hypertension and the benefits of cucumbers, the second day is education on how to make cucumber juice and the third day is evaluating how to make cucumber juice, asking clients to practice making cucumber juice themselves. The expected evaluation is that clients understand the definition of hypertension, signs and symptoms, clients understand how to make juice and clients are able to practice making their own juice. The conclusion with health education in cases of hypertension for three days, there is an increase in knowledge about the definition, signs, symptoms, causes of hypertension and skills on how to make cucumber juice. It is expected that clients can increase their knowledge about the meaning, signs, symptoms and causes of hypertension, and skills in making cucumber juice independently.

Keywords : Education, hypertension, elderly

Reference : 30 (2016 - 2024)