

POLITEKNIK KESEHATAN KEMENTERIAN TANJUNG KARANG
JURUSAN KEPERAWATAN
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PENERAPAN EDUKASI DIET RENDAH GARAM PADA PASIEN
HIPERTENSI DENGAN MASALAH KEPERAWATAN
DEFISIT PENGETAHUAN DI RUMAH SAKIT UMUM HANDAYANI
KOTABUMI

xvii+ 47 halaman + 5 tabel+ 2 gambar + 6 lampiran

ABSTRAK

Hipertensi merupakan salah satu faktor risiko utama penyakit kardiovaskular yang prevalensinya terus meningkat. Asupan natrium yang berlebihan diketahui menjadi salah satu penyebab utama peningkatan tekanan darah. Edukasi diet rendah garam merupakan salah satu intervensi non-farmakologis yang efektif dalam pengendalian hipertensi. Mengetahui pengaruh edukasi diet rendah garam terhadap pengetahuan, sikap, dan perilaku pasien hipertensi dalam menerapkan pola makan sehat guna mengontrol tekanan darah. Subjek penelitian adalah pasien hipertensi yang memenuhi kriteria inklusi, yang diberikan intervensi berupa edukasi diet rendah garam. Hasil penelitian menunjukkan adanya peningkatan pengetahuan dan mendorong perubahan perilaku diet pada pasien hipertensi.

Kata kunci : Edukasi diet rendah garam, hipertensi, defisit pengetahuan.

Daftar bacaan : 35 (2015-2024)

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*IMPLEMENTATION OF LOW-SALT DIET EDUCATION
FOR HYPERTENSIVE PATIENTS WITH NURSING
PROBLEM OF KNOWLEDGE DEFICIT AT HANDAYANI
GENERAL HOSPITAL KOTABUMI*

xvii+ 47 pages + 5 tables + 2 pictures + 6 appendices

ABSTRACT

Hypertension is one of the main risk factors for cardiovascular disease, and its prevalence continues to increase. Excessive sodium intake is known to be one of the leading causes of elevated blood pressure. Low-salt diet education is a non-pharmacological intervention that has proven effective in controlling hypertension. This study aims to determine the effect of low-salt diet education on the knowledge, attitudes, and behaviors of hypertensive patients in adopting a healthy eating pattern to control blood pressure. The research subjects were hypertensive patients who met the inclusion criteria and were given an intervention in the form of low-salt diet education. The results of the study showed an increase in knowledge and encouraged positive dietary behavior changes in hypertensive patients.

*Keywords : Low salt diet education, hypertension, knowledge deficit
Reference : 35 (2015-2014)*