

ABSTRACT

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NURSING CARE FOR FAMILIES WITH HYPERTENSION THROUGH CLEVER IMPLEMENTATION AT THE TAMBAK WEDI HEALTH CENTER IN SURABAYA

Non-communicable diseases (NCDs) or non-infectious diseases have become an epidemiological concern in the world since the last few decades. The World Health Organization (WHO) estimates that non-communicable diseases cause at least 40 million deaths each year in the world. This study aims to study and understand in depth the nursing care of families with hypertension through the application of CERDIK in the Tambak Wedi Surabaya health center area.

This research uses a case study method of nursing care for families including nursing assessment, nursing diagnosis, nursing action plan, nursing action, and nursing evaluation. The number of subjects used was 2 families with 4 meetings. Data collection methods were interview, observation, and physical examination. The data collection instrument uses a nursing care format according to the provisions in the Surabaya Health Polytechnic Ners Profession Study Program.

After the CERDIK behavior education intervention in controlling hypertension for 4 meetings, it was found that family support in carrying out hypertension treatment is one of the important things as a form of effort to prevent or avoid factors that aggravate hypertension in the family.

The role of nurses is to take independent action by educating about hypertension and the application of CERDIK and balanced with adherence to diet and exercise..

Keywords: Nursing care, family, hypertension, CERDIK