

ABSTRACT

Dwi Puspita Sari (2021). Family Nursing Care for Mrs. I with Hypertension in the Work Area of Puskesmas Melur Pekanbaru, Riau Province in 2021. Scientific Writing, Nursing DIII Study Program, Department of Nursing, Poltekkes Ministry of Health Riau, Advisor (I) Ruserina, S.Pd., S.Kep., M.Kes (II) Ns. Ardenny, S.Kep., M.Kep.

Hypertension is also called *the silent killer* because it often does not show any signs & symptoms for ten to twenty years and is usually only known when complications have occurred in target organs such as the heart, kidneys, brain and eyes so that treatment is delayed and reduces life barriers due to weakness in organ function. These organs that result in disability and even death. The prevalence of hypertension based on the measurement results in the population aged > 18 years is 179 men, 251 women and 430 men and women (Puskesmas Melur 2019 data). The writing of this scientific paper is to get a comprehensive picture of family nursing care with hypertension problems in the working area of Puskesmas Melur Pekanbaru. After conducting an assessment with Mrs. I's family, several diagnoses were found, namely: discomfort: headache and lack of knowledge. After 3 days of implementation, the results of the evaluation show that the problem has been resolved. It is hoped that the puskesmas will continue to apply nursing care, especially hypertension problems in a comprehensive manner, and for Mrs. I's family to continue to follow the recommendations that have been taught, such as: relaxation techniques and deep breathing to reduce the pain experienced by patients.

Keywords: Hypertension, Family Nursing Care