

ABSTRAK

Putri Ardila Rifani (2023). Penerapan Rebusan Air Daun Salam Untuk Menurunkan Tekanan Darah Pada Pasien Hipertensi Di Wilayah Kerja UPTD Puskesmas Pekan Heran. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Di Luar Kampus Utama, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau, Pembimbing (1) Ns. Elmukhsinur,S.Kep.,M.Biomed, (II) Ns. Sety Julita, S.Kep., M.Kep.

Hipertensi merupakan gangguan sistem sirkulasi darah diatas nilai normal yaitu melebihi 140/90 mmHg, ditandai dengan gejala nyeri kepala, nyeri tengkuk dan sulit tidur pada malam hari. Prevalensi hipertensi di dunia terus meningkat setiap tahunnya, WHO memperkirakan 2025 akan ada 1,5 miliar penderita hipertensi di dunia. Apabila tidak dilakukan penatalaksanaan segera, hipertensi dapat menyebabkan stroke, jantung koroner dan gagal ginjal. Penatalaksanaan hipertensi dapat dilakukan secara nonfarmakologi, salah satunya dengan memberikan air rebusan daun salam secara rutin, kandungan pada daun salam seperti flavonoid dan tanin dapat menurunkan tekanan darah tinggi. Tujuan penelitian ini untuk mengetahui nilai tekanan darah pada pasien hipertensi sesudah diberikan air rebusan daun salam. Jenis penelitian ini yaitu studi kasus dengan metode penelitian deskriptif, melibatkan 2 subjek penderita hipertensi kategori I, yang akan diberikan air rebusan daun salam selama 5 hari berturut-turut. Tekanan darah subjek 1 sebelum diberikan air rebusan daun salam yaitu 156/94 mmHg dan setelah diberikan turun menjadi 130/80 mmHg, sedangkan pada subjek 2 tekanan darah sebelum diberikan air rebusan daun salam 152/90 mmHg dan setelah diberikan 134/80 mmHg. Berdasarkan hasil penelitian tersebut maka air rebusan daun salam bisa dikonsumsi pasien hipertensi untuk menurunkan tekanan darah tinggi, diharapkan penderita hipertensi bisa menerapkan air rebusan daun salam secara rutin untuk menurunkan tekanan darahnya.

Kata Kunci : Hipertensi, Tekanan Darah, Air Rebusan Daun Salam

ABSTRACT

Putri Ardila Rifani (2023). Application of Bay Leaf Water Decoction to Lower Blood Pressure in Hypertension Patients in the Working Area of the UPTD Health Center Pekan Heran. Case Study Scientific Writing, Diploma III Nursing Study Program Outside the Main Campus, Department of Nursing, Health Polytechnic of the Ministry of Health Riau, Supervisor (I) Ns. Elmukhsinur, S. Kep., M. Biomed, (II) Ns. Sety Julita, S.Kep., M.Kep.

Hypertension is a circulatory system disorder above normal values, which exceed 140/90 mmHg, symptoms that sufferers of feel are headaches, neck pain and difficulty sleeping at night. The prevalence of hypertension in the world continues to increase every year, WHO estimates that by 2025 there will be 1.5 billion people with hypertension in the world. If not treated immediately, hypertension can cause stroke, coronary heart disease, and kidney failure. Implementation of hypertension can be done non-pharmacologically, one of which is by giving bay leaf boiled water regularly, the content in bay leaves such as flavonoids and tannins can reduce high blood pressure. The purpose of this study was to determine the value of blood pressure in hypertensive patients after being given bay leaf boiled water. This type of research is a case study with a descriptive research method, involving 2 subjects with category I hypertension, who will be given bay leaf boiled water for 5 consecutive days. Subject 1's blood pressure before being given bay leaf boiled water was 156/94 mmHg and after being given it decreased to 130/80 mmHg, while in subject 2 blood pressure before being given bay leaf boiled water was 152/90 mmHg and after being given bay leaf boiled water. 134/80 mm Hg. Based on the results of these studies, boiled bay leaves can be consumed by people with hypertension to reduce high blood pressure. It is expected that hypertension sufferers can regularly consume boiled water of bay leaves to lower their blood pressure.

Keywords: Hypertension, Blood Pressure, Bay Leaf Decoction