ABSTRAK

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Program studi : Profesi Ners

Judul : Asuhan Keperawatan Pada Lansia Hipertensi Dengan Ketidakpatuhan Diet Melalui Edukasi *Dietary Approaches To Stop Hypertension* (DASH)

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Hipertensi merupakan penyakit tidak menular yang banyak dialami lansia dan menjadi faktor risiko utama penyakit kardiovaskular. Ketidakpatuhan terhadap diet akibat kurangnya pemahaman mengenai pengaturan pola makan menyebabkan tekanan darah sulit dikendalikan. Penerapan Asuhan Keperawatan Pada Lansia Hipertensi Dengan Ketidakpatuhan Diet Melalui Edukasi Dietary Approaches To Stop Hypertension (DASH) merupakan intervensi nonfarmakologis yang bertujuan meningkatkan pengetahuan dan kepatuhan diet pada penderita hipertensi. Penelitian ini menggunakan metode studi kasus dengan pendekatan proses keperawatan pada 1 responden lansia hipertensi di Panti PMKS Pesanggrahan Majapahit Mojokerto. Intervensi dilakukan melalui edukasi menggunakan lembar panduan diet DASH selama 3 kali kunjungan, dengan pengukuran kepatuhan diet menggunakan kuesioner sebelum (*pre-test*) dan sesudah (*post-test*) intervensi. Sebelum intervensi, responden memiliki tekanan darah 180/90 mmHg dan skor kepatuhan diet DASH 68 (Tidak Patuh). Setelah intervensi, skor kepatuhan meningkat menjadi 102 (Patuh), responden mampu menjelaskan kembali prinsip diet DASH, memilih makanan yang dianjurkan, membatasi konsumsi makanan tinggi natrium, serta tekanan darah menurun menjadi 140/70 mmHg. Terjadi penurunan tekanan darah, yang menunjukkan bahwa edukasi DASH berkontribusi terhadap peningkatan pengetahuan dan kepatuhan diet responden. Edukasi DASH menggunakan lembar panduan diet efektif sebagai intervensi keperawatan nonfarmakologis dalam meningkatkan kepatuhan diet dan mendukung pengendalian tekanan darah pada lansia dengan hipertensi.

Kata kunci: Asuhan Keperawatan, hipertensi, lansia, diet DASH, edukasi, ketidakpatuhan.

ABSTRACT

Name : Anisa Dian Marlia

Study Program : *Professional Nursing*

Title : *Nursing Care for Older Adults with Hypertension Experiencing Dietary Non-Adherence Through Dietary Approaches to Stop Hypertension (DASH) Education*

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Hypertension is a non-communicable disease commonly experienced by older adults and is a major risk factor for cardiovascular disease. Non-adherence to dietary recommendations due to inadequate understanding of appropriate dietary management contributes to poor blood pressure control. The implementation of nursing care for older adults with hypertension and dietary non-adherence through Dietary Approaches to Stop Hypertension (DASH) education is a non-pharmacological intervention aimed at improving patients' knowledge and adherence to dietary recommendations. This study employed a case study design using the nursing process approach involving one older adult with hypertension residing at PMKS Pesanggrahan Majapahit Nursing Home, Mojokerto. The intervention consisted of DASH diet education using a DASH diet guideline leaflet over three visits. Dietary adherence was assessed using a questionnaire before (pre-test) and after (post-test) the intervention. Prior to the intervention, the participant had a blood pressure of 180/90 mmHg and a DASH diet adherence score of 68 (Non-adherent). Following the intervention, the adherence score increased to 102 (Adherent). The participant was able to explain the principles of the DASH diet, select recommended foods, limit the consumption of high-sodium foods, and experienced a reduction in blood pressure to 140/70 mmHg. The improvement in dietary adherence accompanied by a reduction in blood pressure indicates that DASH diet education contributed to enhanced knowledge and adherence to dietary recommendations. DASH education using a diet guideline leaflet is an effective non-pharmacological nursing intervention for improving dietary adherence and supporting blood pressure control among older adults with hypertension.

Keywords: Nursing Care, hypertension, older adults, DASH diet, education, non-adherence.