

**Program Studi Profesi Ners Keperawatan STIKes
MERCUBAKTIJAYA Padang
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**Analisis Asuhan Keperawatan Pada Tn. D Dengan Hipertensi Yang
Diberikan *Evidence Based Practice* Rebusan Daun Seledri Untuk
Menurunkan Tekanan Darah Di Rt. 003 Rw. 004 Kelurahan
Balai Gadang Kecamatan Koto Tengah Wilayah Kerja
Puskesmas Air Dingin Padang**

ABSTRAK

Menurut *World Health Organization* (WHO) tahun 2020, satu milyar orang didunia menderita hipertensi. Dua pertiga diantaranya berada di negara berkembang yang berpenghasilan rendah dan sedang, bila tidak dilakukan upaya yang tepat, jumlah ini akan terus meningkat bahkan mengakibatkan kematian. Diprediksi pada tahun 2025 sebanyak 29% atau 1,6 miliar orang diseluruh dunia menderita hipertensi, 29% penderita hipertensi berusia lanjut. Tujuan penelitian ini adalah untuk mengetahui seberapa besar pengaruh mengkonsumsi rebusan daun seledri untuk menurunkan tekanan darah pada lansia dengan hipertensi. Masalah utama keperawatan didapatkan penurunan curah jantung b/d perubahan afterload. Salah satu cara pengobatan nonfarmakologis untuk menurunkan tekanan darah yaitu dengan rebusan daun seledri. Seledri merupakan salah satu jenis terapi herbal yang memiliki kandungan flavonoid (Apiin dan Apigenin), manitol, pthalides dan potassium sebagai antihipertensi. Rebusan daun seledri dapat memberikan efek dilatasi pada pembuluh darah dan menghambat *angiotensin converting enzim* (ACE) dan dapat menurunkan tekanan darah pada lansia yang mengalami hipertensi.

Tn. D diberikan rebusan daun seledri selama 5 hari berturut-turut. Hasil pengukuran tekanan darah pada saat pengkajian 170/93 mmHg, nadi : 105 x/menit, setelah diberikan rebusan daun seledri tekanan darah Tn. D didapatkan 140/85 mmHg, nadi : 85 x/menit. Hasil dapat disimpulkan bahwa terdapat pengaruh pemberian rebusan daun seledri terhadap penurunan tekanan darah. Diharapkan masyarakat dapat menambah wawasan dan ilmu pengetahuan dalam mengatasi hipertensi dengan rebusan daun seledri untuk menurunkan tekanan darah.

Kata Kunci : Lansia, Hipertensi, Rebusan Daun Seledri

**NURSING STUDY NURSE PROFESSION PROGRAM STIKes
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**Analysis of Nursing Care For Mr. D with Hypertension Given
Evidence Based Practice of Celery Leaf Decoction to Lower
Blood Pressure in Rt. 003 Rw. 004 Balai Gadang
Village Koto Tangah District Working Area of
Padang Cold Water Health Center**

ABSTRACT

According to the World Health Organization (WHO) in 2020, one billion people in the world suffer from hypertension. Two-thirds of them are in low- and middle-income developing countries, if not done properly, this number will continue to increase and even result in death. It is predicted that by 2025 as many as 29% or 1.6 billion people worldwide suffer from hypertension, 29% of people with hypertension are elderly. The purpose of this study was to find out how much influence consuming celery leaf decoction to lower blood pressure in the elderly with hypertension. The main problem of nursing is a decrease in cardiac output b/d changes in afterload. One way of nonpharmacological treatment to lower blood pressure is with a decoction of celery leaves. Celery is one type of herbal therapy that contains flavonoids (Apiin and Apigenin), mannitol, pthalides and potassium as antihypertensives. A decoction of celery leaves can provide a dilating effect on blood vessels and inhibit angiotensin converting enzyme (ACE) and can lower blood pressure in the elderly who have hypertension.

Mr. D was given a decoction of celery leaves for 5 days in a row. The results of blood pressure measurement at the time of assessment were 170/93 mmHg, pulse: 105 x / minute, after being given celery leaf decoction Mr. D's blood pressure was obtained 140/85 mmHg, pulse : 85 x / minute. The results can be concluded that there is an effect of celery leaf decoction on reducing blood pressure. It is hoped that the public can add insight and knowledge in overcoming hypertension with celery leaf decoction to lower blood pressure.

Keywords : Elderly, Hypertension, Celery Leaf Decoction