

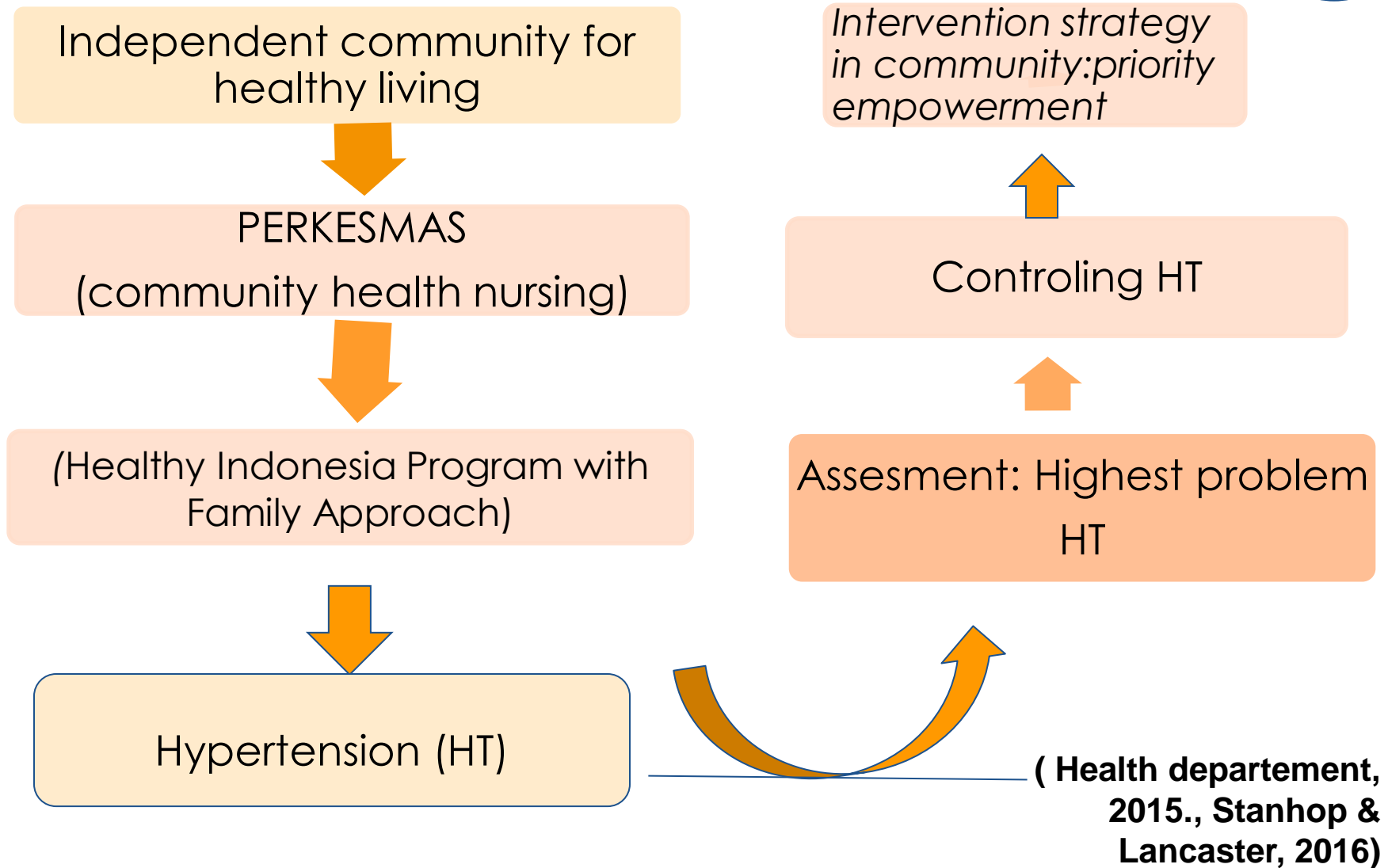
LOGO



COMMUNITY EMPOWERMENT ON GROUP OF ADULT WITH HYPERTENSION

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THE BACKGROUND



PIS PK = Become the Foundation of Community Nursing Practice
at Bethesda Stikes

(Minister of Health Decree R.I. No HK.02.02/Menkes/52/2015)



GERMAS (President of RI instruction no1 th 2017)

(movement of healthy living community)



**To ensure the achievement of public health degree improvement,
priority should be toward promotive-preventive, coupled with
community empowerment and development of other sectors with
health insight**

Activity GERMAS:



Bentuk Kegiatan Gerakan Masyarakat Hidup Sehat

1. Melakukan aktivitas fisik	
2. Mengonsumsi sayur dan buah	
3. Tidak merokok	
4. Tidak mengonsumsi alkohol	
5. Memeriksa kesehatan secara rutin	
6. Membersihkan lingkungan	
7. Menggunakan jamban	



1. *Excercise* min 30 menit
2. consumption of vegetables and fruits
3. No smoking
4. No alcohol
5. Reguler general check eg. blood pressure
6. Clean up environment
7. Use toilet properly

Description of community nursing practice



COMMUNITY EMPOWERMENT



community nursing activities by actively involving the community to solve problems in communities and communities as subjects in solving problems (Allender, 2011., Stanhope & Lancaster, 2016)

Example : activity practice in Community

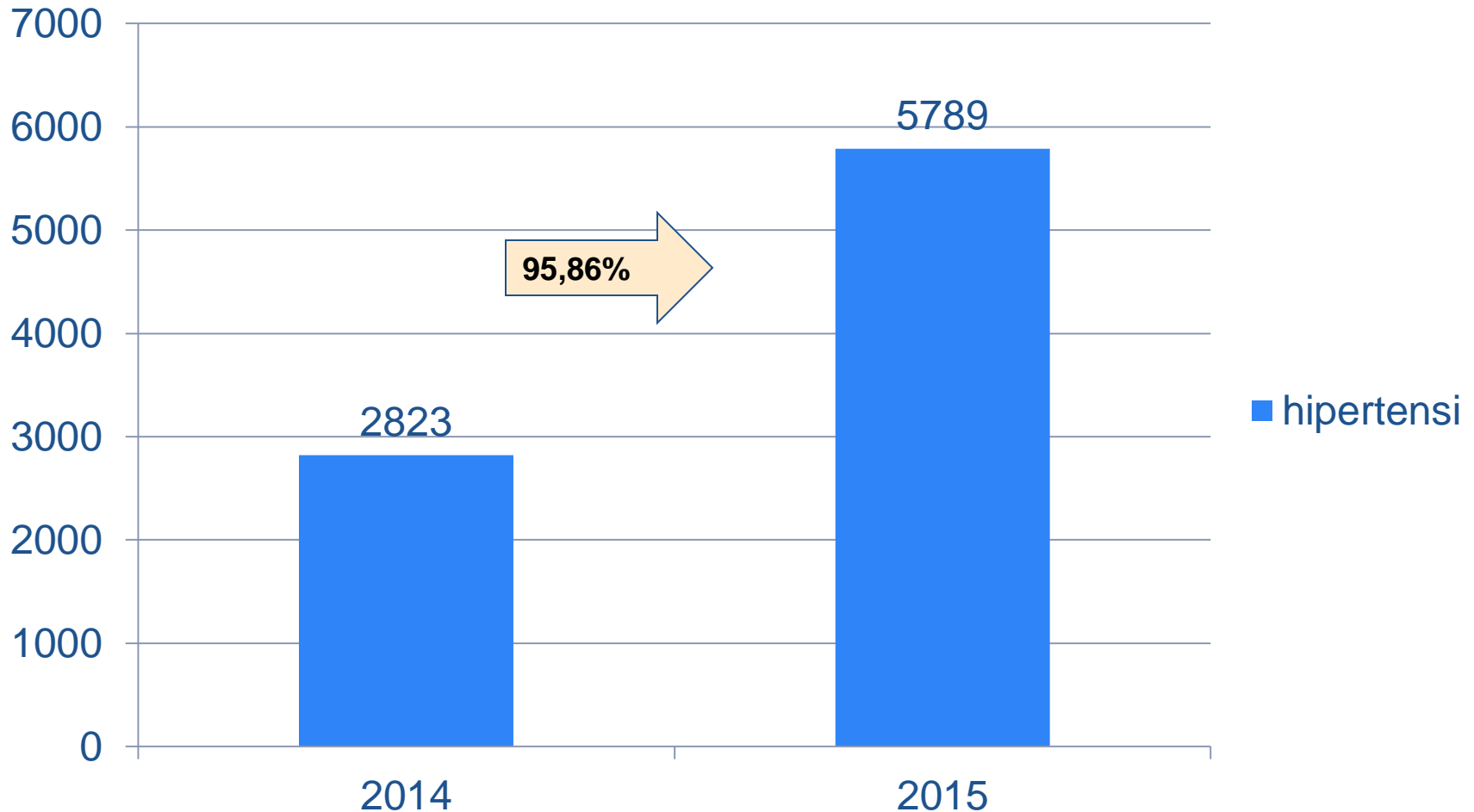


Result of assessment in targeted area done by students in community nursing practice.

**Data from GONDUKUSUMAN DISTRICT
(health center profil, 2016)**

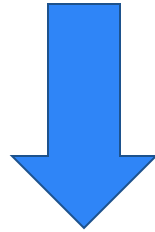


(Data Sekunder of hipertension)



Screening HT in Terban District

Screening from 134 people



Average Blood Pressure
160/90 mmhg

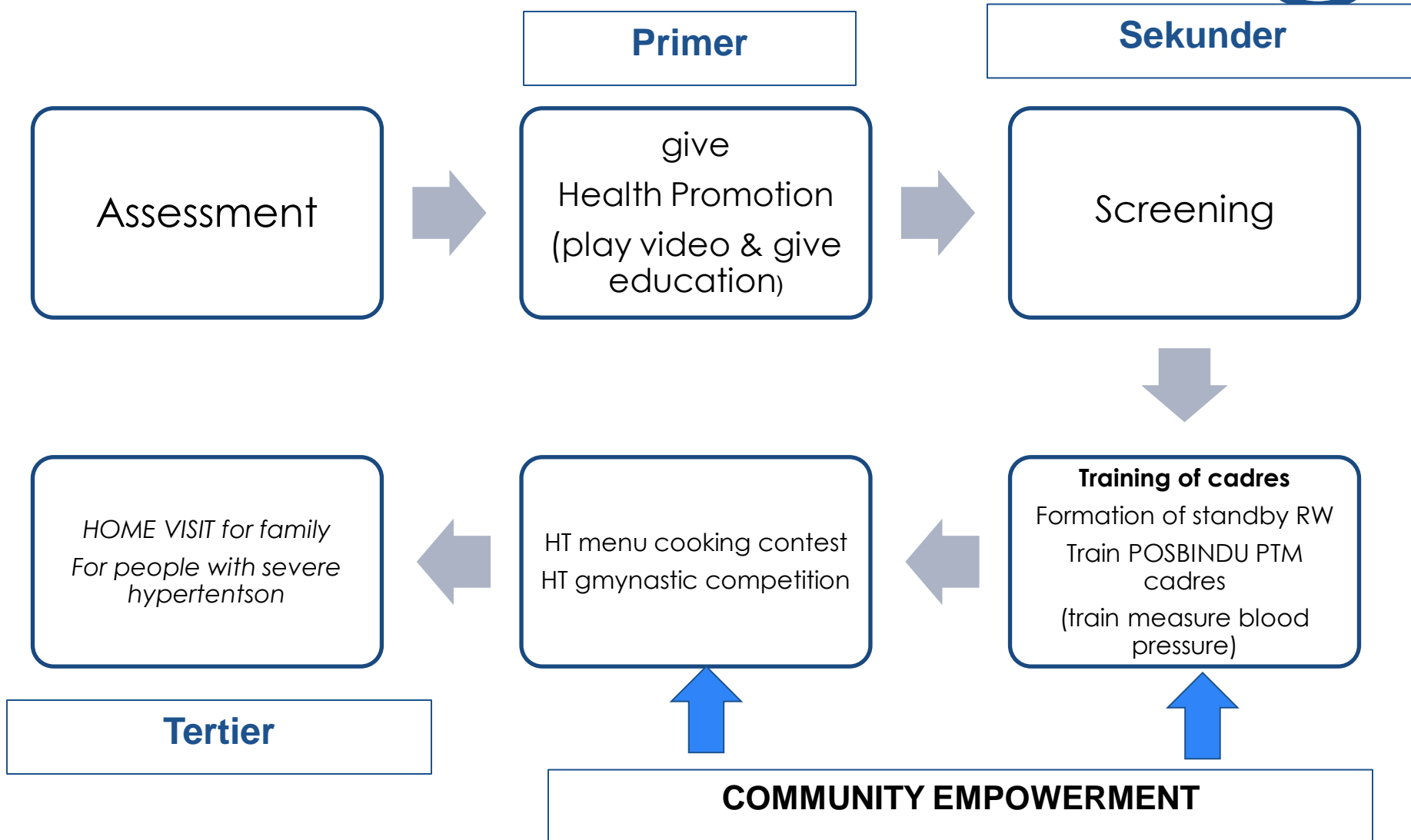
64 people with HT
(student's survei on
November, 2017)

Result of data collection :



Data	Problem
<ol style="list-style-type: none">1. Community to said: they like eating fried and fatty food2. One person died because of hypertension3. Not active POSBINDU PTM4. Based on HT screening: 64 people with HT out of 134 (60,94%)5. Community rarely check blood pressure6. Sedentary life7. Rarely do exercise/gymnastic	ineffectiveness of health management

COMMUNITY EMPOWERMENT



Results obtained after empowering the hypertension group for 6 weeks : **improve behavioral** :

1. Routine gymnastics (once a week)
2. Routine hypertensive screening by cadres and public health center every month
3. Home visit by cadres and nurses minimum once a week
4. Education on hypertension issues by nurses of public health centre
5. Complications of hypertension disease can be minimized
6. Decrease blood pressure average sistolik 10 mmHg and diastolik 8-10 mmhg

Conclusion

Community empowerment can increase
community independence in improving
health degree especially in controlling
hypertension problem in Terban District.



THANK YOU