

FAMILY SELF - MANAGEMENT PLAN TO IMPROVE HEALTH MANAGEMENT FOR FAMILIES WITH HYPERTENSION IN THE WORKING AREA OF THE GRIBIG COMMUNITY HEALTH CENTER

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ABSTRACT

Hypertension is a chronic condition that requires long-term management and family involvement in care. A family's inability to understand and implement health management strategies can lead to ineffective family health management. The method used was a case study involving family nursing care provided over four visits, which included assessment, diagnosis, intervention planning, implementation, and evaluation. The assessment results showed that the family did not yet fully understand hypertension management, healthy lifestyle practices, dietary management, and home care for hypertension. After implementing the Family Self-Management Plan (FSMP), there was an improvement in the family's ability to describe health problems, an increase in family activities to address health problems, an increase in actions to reduce risk factors, and a reduction in difficulties with nursing care and hypertension symptoms. The implementation of the Family Self-Management Plan (FSMP) effectively improved the family's ability to manage hypertension, thereby resolving the nursing problem of ineffective family health management.

Keywords: Hypertension, Ineffective Family Health Management, Family Self-Management Plan, Family Nursing, Self-Management