

**NURSING CARE FOR FAMILIES WITH ONE MEMBER
EXPERIENCING WITH HYPERTENSION IN THE TRENGGALEK
COMMUNITY HEALTH CENTER WORKING AREA**

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ABSTRACT

Background: Hypertension is blood pressure above 140/90 mmHg. If not treated immediately, it will cause acute and chronic complications that affect blood circulation. **Research Purposes :** This study is to provide nursing care to families with one of the family members experiencing hypertension in the Trenggalek Community Health Center work area. **Research Method:** This study uses a case study method with a family nursing care approach that includes assessment, diagnosis, intervention, implementation, and evaluation. Participants are Mr. A's family with one of the family members experiencing hypertension. **Results:** The study identified two nursing diagnoses: pain discomfort related to the family's inability to recognize health problems and sleep pattern disturbances related to the family's inability to care for a sick family member. Interventions were formulated based on actionable decisions in accordance with the study site's standard operating procedures. Implementation was carried out according to the family's needs and problems, guided by theoretical interventions. Nursing evaluations were conducted on the family during three visits. **Conclusion:** Providing appropriate family nursing care by providing information to the family on how to address problems in families with a member suffering from hypertension significantly contributed to stabilizing the patient's blood pressure.

Keywords: Family Nursing Care, Hypertension.