

***NUTRITIONAL CARE FOR A STAGE II HYPERTENSION
PATIENT AN ENTERPRENEUR IN BUNUT WETAN VILLAGE***

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ABSTRACT

Background: Hypertension is a leading cause of premature death worldwide, affecting 1.28 billion adults aged 30-79 years, with the majority living in low- and middle-income countries. In Indonesia, the prevalence of hypertension increased from 25.8% in 2013 to 34.1% in 2018 (Risksedas). In East Java, the prevalence reached 26.2%. Primary hypertension is also the most common disease in Malang City, with 66,482 cases reported in 2023. If untreated, hypertension can lead to serious complications such as kidney failure, coronary heart disease, and stroke. The management of hypertension involves lifestyle changes, such as limiting salt intake, exercise, and adequate rest. Research shows that health education can improve patient compliance with treatment. ***Objectives:*** To analyze the nutritional care provided to a Stage II Hypertension patient who is a self-employed individual in Bunut Wetan Village. ***Methods:*** The type of research employed was observational research with a case study design, involving observation of a Stage II Hypertension patient who is self-employed in Bunut Wetan Village. ***Results:*** The nutritional issues identified included insufficient oral intake, reduced sodium requirements, and inappropriate food selection. The average monitoring results of nutrient intake were classified as severely deficient. ***Conclusion:*** There is an influence of the provided nutritional care on changes in knowledge and dietary attitudes of the Stage II Hypertension patient.

Keywords: Nutritional care, Stage II Hypertension, lifestyle changes