

## CHAPTER 1

### INTRODUCTION

#### 1.1 Background

The existence of the current era, the diet shifted from the traditional diet that contains lots of fiber and carbohydrates will switch to a modern diet that the composition of food contains too much fat, protein, and salt but lack of fiber. Intake of foods that contain fat and high sodium will affect the high low blood pressure in the body that cause hypertension. Increased potassium intake will lower blood pressure in some cases of hypertension. Potassium in the body serves to maintain the balance of salt and fluid to control blood pressure normally. A person suffering from hypertension generally consumes a diet that is less calcium. When people with hypertension added calcium 1000mg of intake per day it will lower mild to moderate blood pressure (Nugraheni, Suryandari, Aruben 2012).

Most people often consume meat, milk that contains lots of fats and fried foods that contain lots of oils that can increase cholesterol in the blood that will settle and become plaque attached to the artery wall. The plaque causes arterial congestion so the heart works harder and the blood pressure becomes high. High fats cause obesity and can lead to hypertension (Andria, 2013).

Hypertension is an increase in blood pressure where the systolic pressure  $\geq 140$  mmHg while diastolic pressure  $\geq 90$  mmHg (Nuratif, 2013). Some of the factors causing hypertension are food, age, gender, ethnicity, genetic factors and environmental factors such as consuming alcohol, salt, smoking, obesity, and stress (Mutaqqin 2009). Hypertension is a state of occurrence of blood pressure that gives symptoms continue on a target organs of the body resulting in more severe damage such as stroke, coronary heart disease, and left ventricular constriction / left ventricle. Hypertension can also cause kidney

failure, other blood diseases, and diabetes mellitus (Syahrini, Susanto, Udiyono, 2012).

Saturated fats can cause dyslipidemia. Dyslipidemia is one of the main factors of risk of atherosclerosis. Atherosclerosis increases the resistance of the blood vessels, causing the heart to increase its pulse rate. Increased heartbeat causes blood volume that causes blood pressure to rise. source of saturated fat obtained from animal protein, if excessive protein intake then can increase cholesterol level. Fat takes the body about 20-30% of total daily energy requirement with saturated fat restriction <10% of total energy required (Apriany&Mulyati, 2012).

The food is fun to prefer the quality of the quantity. People who are curious to consume foods that are fed are metabolized and activity, but they will be of greater value for youth. The activity of people has reached less than the same time that it takes a few calories. Carbohydrates, fats, proteins, and minerals are still needed unless the amount of calcium is high. The people needed need lots of vitamins and total caloric needs by weight and activity (Fitriani, 2012).

Nutritional status affects the recurrence rate in hypertensive patients because without adequate nutrient deficiency, there will be a shortage of energy that will cause an increase in blood flow (Pratiwi&Tala, 2013).

There are several ways to adjust the blood by low-salt diit. A low-salt diet is a diet by consuming no salt food at all and reducing the use of sodium-rich foods (Fauziah, 2013).

According to WHO data in the whole world, approximately 972 million people or about 26.4% of the earth's population suffer from hypertension this figure is likely to increase every year to 29.2% by 2025. Of 972 million people, 333 occur in countries and the remaining 639 the rest occurred in developing countries including Indonesia (Anggara&Pryitno, 2013).

This disease becomes one of the main problems in public health in Indonesia and the world. An estimated 80% increase in hypertension cases occurs mainly in developing countries by 2025 from a total of 639 million cases in 2000. This number is estimated to increase to 1.15 billion cases by 2025. This prediction is based on the current rate of hypertension and population (Ardiansyah, 2012).

Based on health data profile in Banjarmasin the number of people with hypertension in South Kalimantan in 2017 about 76,548 people or 23.83%. then for cases of hypertension at Puskesmas Cempaka Area in 2016 about 5,907 and in 2017 about 5,842 or 11.93%. ranks 2 of 10 most diseases.

The author interested in conducting a case study entitled "Family Care Treatment With Hypertension". It is hoped that by making Family Care Nursing a high-risk hypertension can reduce the morbidity and mortality due to hypertension in the community, especially in families. Nursing care and nursing behavior should be precise, starting as easy as providing health education to patients with hypertension about a healthy lifestyle. This is why the author chose Cempaka Community Health Center as a place of practice. The author selects client Mrs. N as the object of nursing care.

## **1.2 Purpose**

### **1.2.1 General Purpose**

General purpose of this scientific writing is to make a comprehensive nursing care family as well as the report toward the client Mrs. N with hypertension

### **1.2.2 Specific Purpose**

1.2.2.1 To family assessment with anamnesis method, observation and physical examination of client with hypertension.

- 1.2.2.2 Determine the nursing diagnoses that appear in patients with hypertension.
- 1.2.2.3 Make a nursing intervention in accordance family nursing diagnoses with cases of hypertension.
- 1.2.2.4 Perform nursing implementation in accordance the planning made in the family with cases of hypertension
- 1.2.2.5 To evaluating the results actions that have been done on the family with cases of hypertension
- 1.2.2.6 Documenting the results of family nursing care with cases of hypertension

### **1.3 Benefit**

#### **1.3.1 For Author**

This scientific paper gives experience for the author in gaining knowledge about hypertension, giving comprehensive nursing care and making scientific paper as the report of the comprehensive nursing care family.

#### **1.3.2 For Client and Family**

This scientific paper including the whole process of making it is expected to help the client and family in gaining better condition, changes behavior, and knowledge about disease as well as the treatment.

#### **1.3.3 Theoritically**

Increase knowledge for the user in order to prevent themselves and others to avoid stroke, that a stroke is a state that occurs suddenly or not that will initially experience interference in the case of motor, speak, and sensory impairment. Writing this paper also serves to know between the theory and real cases that occur in the synchronous or not, because in theory that already exists is not always the same as the case that happened. So this scientific paper was compiled.

#### 1.3.4 For Academic Institution

This scientific paper is expected to help the other students or anyone in the academic institution who need reference and/or comparison in their academic activity.

#### 1.3.5 For Nursing Profession

For nursing profession, this scientific paper is expected to give contribution in enlivening, glorifying and enriching the culture of research and scientific writing. This scientific paper is also expected to give more reference of nursing care family especially for the case of hypertension.

### 1.4 Writing Method

The method of this scientific writing is study case by using the approach of nursing process which is composed by assessment, nursing diagnosis, intervention, implementation, evaluation and documentation.

### 1.5 Writing Systematic

1.5.4 Chapter I Introduction consists of background, Purpose, writing method, writing systematic and benefit.

1.5.5 Chapter II Theoretical Background consists of family concept, family health care, anatomy and physiology, definition, etiology, pathophysiology, clinical manifestation, classification, diagnostic examination, management, prognosis, complication, basic of nursing care plan.

1.5.6 Chapter III Nursing Care consists of family's identity, history and development of current family, environment data, structure of family, function of family, stress and family's coping, physical examination, data analysis, nursing diagnosis, intervention, implementation, evaluation and progress note.'

1.5.7 Chapter IV Closing consists of conclusion and suggestion.