

Penerapan Edukasi Kepatuhan Minum Obat Melalui Whatsapp Group Untuk Menurunkan Tekanan Darah pada Pasien Hipertensi di Puskesmas Boja II

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Abstrak

Latar Belakang : Hipertensi adalah kondisi dimana tekanan darah sistolik, diastolik atau keduanya berada diatas batas normal (sistolik $\geq$ 140 mmHg, Diastolik $\geq$ 90 mmHg).

Hipertensi merupakan salah satu penyakit kronis yang tidak dapat disembuhkan, tetapi dapat dikontrol dan membutuhkan pengobatan jangka panjang bahkan seumur hidup. Tekanan darah pada penderita hipertensi dapat menurun dan terkontrol dengan pemberian edukasi kesehatan tentang kepatuhan minum obat melalui whatsapp group.

Tujuan : untuk mengetahui penerapan edukasi kepatuhan minum obat melalui whatsapp group terhadap penurunan tekanan darah pada pasien hipertensi.

Metode : Metode penelitian ini adalah deskriptif dalam bentuk studi kasus dengan memberikan intervensi edukasi kepatuhan minum obat sebanyak 1 kali dan dilakukan pemantauan pengingatan kepatuhan minum obat melalui whatsapp group selama 7 hari dalam setiap harinya.

Responden pada studi kasus ini adalah 4 pasien hipertensi.

Hasil : didapatkan hasil sebelum diberikan edukasi didapatkan responden kategori hipertensi derajat 1 sebanyak 2 orang dan responden kategori derajat 2 sebanyak 2 orang dan sesudah diberikan edukasi didapatkan semua responden hipertensi dalam kategori normal tinggi.

Kesimpulan : terdapat pengaruh penerapan edukasi kepatuhan minum obat melalui whatsapp group terhadap penurunan tekanan darah penderita hipertensi di Puskesmas Boja II.

Kata Kunci : Edukasi Kepatuhan Minum Obat, Penurunan Tekanan Darah

Implementation of Medication Adherence Education via WhatsApp Group to Reduce Blood Pressure in Hypertensive Patients at Boja II Public Health Center

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Abstract

Background: Hypertension is a condition in which systolic, diastolic, or both blood pressure readings are above normal limits (systolic ≥ 140 mmHg, diastolic ≥ 90 mmHg). It is a chronic disease that cannot be cured but can be managed and requires long-term, even lifelong, treatment. Blood pressure in hypertensive patients can be reduced and controlled through health education on medication adherence, especially when delivered through accessible digital platforms such as WhatsApp groups.

Objective: This study aimed to examine the effect of implementing medication adherence education through a WhatsApp group on blood pressure reduction in hypertensive patients.

Methods: This research employed a descriptive case study design. The intervention included one session of medication adherence education, followed by daily reminders and adherence monitoring via a WhatsApp group over a period of seven days. The study involved four hypertensive patients as respondents.

Results: Prior to the intervention, two respondents were categorized as having grade 1 hypertension and two as having grade 2 hypertension. After the intervention, all four respondents showed a reduction in blood pressure, reaching the high-normal category.

Conclusion: The implementation of medication adherence education via a WhatsApp group had a positive effect on lowering blood pressure in hypertensive patients at Boja II Public Health Center.

Keywords: Medication Adherence Education, Blood Pressure Reduction