

PROGRAM STUDI KEPERAWATAN

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**EVALUATION OF METABOLIC STATUS OF HYPERTENSION PATIENTS IN
PROLANIS PROGRAMS IN PKM TANGERANG CITY**

VI CHAPTER + 61 Pages + 5 Tables + 1 Schema + 8 Appendices

ABSTRAC

Hypertension is responsible for at least 45% of deaths due to heart disease and 51% of deaths due to stroke. It is reported that around 40% of adults aged 25 years and over have been diagnosed with hypertension. The prevalence of hypertension in Indonesia reaches 31.7% of the population aged 18 years and over, where the number is 60% sufferers of heart disease, kidney failure, at all ages in Indonesia, up to the age of 55 years men suffer more hypertension compared to women, from the age of 55 years to 74 years, a little more women than men who suffer from hypertension Cross Sectional study is a study in which independent variables and dependent variables are collected and measured at the same time. Want to know the effectiveness of the prolanis program on metabolic status. The demographic distribution of respondents in this study. Based on the table, the majority of respondents in this study were Female Gender (72.3%), Married (89.1%), and High School Education (53.5%). Shows the distribution of respondents' characteristics in this study. Based on the table, the majority of respondents in this study were non-smokers (80.2%), Rare Coffee Consumption (96.0), moderate exercise activity (73.3%), Having Diabetes Mellitus (46.55), Obesity (48.5%), cholesterol <200 (66.3%), systole > 120 as much as (55.4%) and diastole <80 as much as (69.3%), and the results of the analysis of the relationship demographic characteristics of respondents, there are cholesterol levels The results showed that age, exercise, and type of complications were significantly related to cholesterol levels.

Kata Kunci: Program Prolanis, Status Metabolik