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**Nursing Care in Patients with Hypertension in the ER Eka Hospital South of
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ABSTRACT

Hypertension is the third cause of death after stroke and tuberculosis, which reached 6.7% of the population of deaths in all age groups in Indonesia. Based on the data in the emergency room of EKA Hospital South of Tangerang, patients with hypertension than in January 2014 until December 2014 as many as 184 people with a percentage of 1.21%. of the total of 15 198 visits pasien. Tujuan writing scientific papers are gained real experience dealing with patients and apply the knowledge gained during his education in dealing with clients with hypertension in the emergency room at the EKA Hospital South of Tangerang, which is held on March 1 until March 17 2015. The method used is descriptive method, type of case studies. The data have been obtained from 5 patients taken at random have some similarities and differences complaints as early diagnosis. Among them complained of weakness, headache, neck pain, the body feels weak, feeling tired when activity is heavier, hard to breathe, no load but not vomiting. Nursing diagnoses that arise are headache associated with increased cerebral blood pressure, anxiety associated with pounding - pounding, disorders of nutrition less than body requirements associated with inadequate intake. As for the nursing actions performed in accordance with the plans that have been prepared. Evaluation of action against five diagnoses obtained all diagnoses resolved. Researchers provide non pharmacological therapy to soothe and reduce high blood pressure in hypertension with relaxation techniques education. To perform an optimal nursing care for patients with hypertension required professional capability and support optimal nurses adequate facilities, The patient who experienced hypertension headache, inovation is obtained namely distraction and relaxation techiques proven to lower blood pressure and reduce pain in the head

Keywords: nursing care, hypertension symptoms, and prevention independently or collaboratively with the various parties.