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***RESPIRATORY MEDITATION THERAPY ACTIONS ON REDUCING
BLOOD PRESSURE IN HYPERTENSION CLIENTS IN RW 06 VILLAGE
CAMPAKA WORKING AREA OF PUSKESMAS CITY OF BANDUNG IN
2022***

ABSTRACT

XIII, 163 Pages, 5 Chapters, 28 tables, 13 appendices

This case study is motivated by the incidence rate which is estimated to increase by 60% until 2025 and affect 1.56 billion people worldwide (Depkes RI, 2016). From data from the UPT Garuda Health Center in Bandung City, hypertension is the most common disease with a sequence of 2 out of 10 diseases as of February 2022 with a total of 1317 people. The highest incidence data was found in RW 06, Campaka Village, Andir District, Bandung City with 50 people with an age range of >60 years as many as 30 people. This case study aims to get an overview of the action of respiratory therapy to reduce blood pressure in hypertensive clients. The research method used is a case study method with a nursing care approach. The results showed a decrease in systolic and diastolic blood pressure values after application of 7.9 mmHg & 5.7 mmHg on average blood pressure while 8.6 mmHg & 7.2 mmHg on average diastolic blood pressure. So this breathing therapy can lower blood pressure. For people, especially those with a history of hypertension, it is expected that they can do Breathing Meditation Therapy routinely 2x a day to lower blood pressure with the correct procedure.

*Keywords: Hypertension, Breathing Meditation Therapy, Blood pressure
Bibliography:(2012-2022)*