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Stroke Prevention Behaviors In Elderly Patients

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Abstract. *High blood pressure or what can be interpreted as hypertension is a health problem that can affect anyone, both young and old. Hypertension is one of the most deadly health problems on the global stage. Hypertension or high blood pressure is a significant medical condition which can specifically cause risks to the heart, brain, kidneys and other health problems (Musa, 2022) Hypertension is one of the causes of stroke because hypertension can damage blood vessels and increase the risk of stroke, heart attack and kidney failure. In the elderly, hypertension is more difficult to control and can increase the risk of complications. Stroke is an event that occurs when blood flow to the brain is cut off. In the elderly, strokes occur more often and can cause disability and death. It can be concluded that age, mobility, activity, obesity and hypertension are interrelated factors that can increase the risk of stroke in the elderly (Anshari, 2020). The level of education affects a person, how he or she absorbs information and provides a basis for life. Formal education can also provide more value for individuals, especially in accepting new things. This may also be related to the level of education in Indonesia, where the majority of education is still middle to lower. One preventive effort to increase the level of client knowledge regarding the dangers of a disease is by providing health education. Health education is an independent nursing intervention to help clients overcome their health problems through learning activities, thereby increasing knowledge and behavior to prevent disease and improve health (Hapitria & Padmawati, 2021).*

Keywords: *Stroke Prevention Behavior In Elderly Patients.*

INTRODUCTION

High blood pressure or what can be interpreted as hypertension is a health problem that can affect anyone, both young and old. Hypertension is one of the most deadly health problems on the global stage. Hypertension or high blood pressure is a significant medical condition which can specifically cause risks to the heart, brain, kidneys and other health problems (Musa, 2022). High blood pressure or hypertension is a condition where there is severe contraction of the blood vessels, causing the heart to work much harder to pump blood. High blood pressure or hypertension is a condition of abnormality in arterial blood pressure. Based on data from the World Health Organization (WHO), the normal blood pressure threshold for adults is less or more than 120/80 mmHg, where the figure 120 mmHg interprets systolic pressure, namely the pressure when the heart is active in pumping blood throughout the body. Apart from that, the figure 80 mmHg interprets diastolic pressure, which is the pressure when the heart muscle relaxes and gets blood returned after circulating throughout the body (Susanti et al., 2020)

Based on data from the World Health Organization (WHO) in 2019, as many as 1.13 billion people on the global stage have the health problem of hypertension, meaning that 1 in 3 people on the global stage have confirmed hypertension. The number of people infected with hypertension will increase every year, it is predicted that by 2025 there will be as many as 1.5 billion people infected with hypertension, and it is predicted that every year 10.44 million people will die due to contracting hypertension and the complications it causes (Hidayat & Agnesia, 2021).

Elevated blood pressure can result in heart enlargement or blockage of coronary blood flow, if not treated properly it can result in the risk of coronary health problems and ultimately result in death. If the factors that accompany people with hypertension continue to increase, the possibility of heart defects will continue to increase (Masyarakat & Dahlan, 2022). Hypertension is a non-contagious health problem that is often encountered in the general public. Hypertension is classified into two, namely primary and secondary hypertension. Primary hypertension is characterized by the presence of two factors, namely risk factors that can be changed and risk factors that cannot be changed. Risk factors that can be modified include unhealthy diets or eating patterns (excessive sodium consumption, diets with high amounts of saturated fat and trans fat, lack of fruit and vegetable consumption), lack of physical activity, consuming tobacco and alcohol, and being overweight. or obesity. Meanwhile, trigger factors that cannot be changed include a family history of hypertension, age over 65 years and other congenital diseases such as diabetes mellitus and kidney disease. Meanwhile, secondary hypertension is caused by kidney disease, reactions to drugs and hormonal disorders (Musa, 2022). Hypertension is one of the causes of stroke because hypertension can damage blood vessels and increase the risk of stroke, heart attack and kidney failure. In the elderly, hypertension is more difficult to control and can increase the risk of complications. Stroke is an event that occurs when blood flow to the brain is cut off. In the elderly, strokes occur more often and can cause disability and death. It can be concluded that age, mobility, activity, obesity and hypertension are interrelated factors that can increase the risk of stroke in the elderly (Anshari, 2020).

Data in the 2020 Ministry of Health Report based on age groups, strokes occur more frequently in individuals aged ≥ 75 years as much as 40.1%, with almost the same proportion as the age group in the 65-74 year range, namely 39.1%. Based on gender, men are higher at 12.3% compared to women at 9%. Based on education, it was found that individuals who had not completed elementary school (SD) were in first place with a prevalence of 26.8%, followed by individuals who did not or had never attended school at 17.2%. Based on employment, individuals who do not work occupy the highest stroke prevalence position, namely 30% (Ministry of Health of the Republic of Indonesia 2021). The level of education affects a person, how he or she absorbs information and provides a basis for life. Formal education can also provide more value for individuals, especially in accepting new things. This may also be related to the level of education in Indonesia, where the majority of education is still lower middle school. One preventive effort to increase the level of client knowledge regarding the dangers of a disease is by providing health education. Health education is an independent nursing intervention to help clients overcome their health problems through learning activities, thereby increasing knowledge and behavior to prevent disease and improve health (Hapitria & Padmawati, 2021).

RESEARCH METHODS

The preparatory stage for implementing counseling is requesting permission from the head of the community health center, making SAP, making materials and leaflets as a health promotion tool. The implementation phase of this activity begins on July 12 2024. On the day of implementation, the community in the Delima village health center area attended it. Technical

implementation is carried out every Friday, starting at 09:000 WIB at the Kampung Delima Community Health Center. The counseling was carried out by students, attended by 25 participants from the Kampung Delima Community Health Center area. Participants are active during activities and enthusiastic about taking part in outreach activities. The final result of this activity is to provide awareness to the public about the importance of doing regular check-ups to prevent stroke, After the counseling activities were carried out, participants were given a post test regarding understanding and final knowledge. Next, students make notes as evaluation material regarding the implementation of community service activities as well as evaluation related to pre-test results and post-test results to determine differences in participants' understanding before and after delivering the material.

RESULTS AND DISCUSSION

Based on the results of activities to measure blood pressure after and before hypertension exercises which were carried out in Kampung Delima Village, East Curup District, Rejang Lebong Regency. There was also a significant increase in knowledge among participants regarding the importance of stroke prevention behavior for hypertension. Some participants were able to re-understand the correct stroke prevention behavior in hypertension sufferers as explained. This can encourage healthier behavioral changes and better management of hypertension in the future. From the pre-test results, it can be concluded that hypertension sufferers still lack knowledge about stroke prevention behavior in hypertension sufferers, there are still 17 sufferers who still do not know enough about stroke prevention behavior in hypertension sufferers.

From the results of the post test above, it can be concluded that after carrying out outreach activities about stroke prevention behavior in hypertension sufferers, the level of knowledge increased from 17 people to an increase of only 8 people who did not know enough about stroke prevention behavior in hypertension sufferers, because at the time of the activity there were 8 people. This includes the elderly whose memory declines. And after the activity took place, the 8 correct people increased to 17 people who understand and know that stroke prevention behavior in hypertension sufferers is for their health and the health of other people around them. Overall, this community service activity regarding stroke prevention behavior in hypertension sufferers and the effect of soursop leaf boiled water on reducing blood pressure in hypertension sufferers has succeeded in achieving the expected goals and can provide real benefits for the people of Kampung Delima Village, East Curup District, Rejang Lebong Regency .

CONCLUSION

From these community service activities it can be concluded that boiled water from soursop leaves is effective in lowering blood pressure. Measurements showed an average reduction in systolic blood pressure of 10 mmHg and diastolic blood pressure of 5 mmHg after the exercise session, proving that boiled water from soursop leaves can be used as a medicine to lower blood pressure and can help control blood pressure. To achieve more optimal results, it is recommended to hold outreach activities on stroke prevention behavior for hypertension sufferers and the routine use of natural plants at least once a week to maintain public health in Kampung Delima Village, East Curup District, Rejang Lebong Regency.

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