

The Influence Of Flipchart Media On Intake of Sodium And Potassium In Hypertension Patients (Kaliwates Health Center, Jember District)

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ABSTRACT

Hypertension or high blood pressure is a condition where blood pressure increases and disrupts blood vessels resulting in the supply of oxygen and nutrients being obstructed by the body. Patients with hypertension in Kaliwates Health Center are 12.64% of the total hypertension patients in Jember city. Flipchart is a twodimensional media made from sheets of paper, then arranged in a pile and at the end clamped on a board. The purpose of this study, to determine the intake of sodium and potassium in hypertensive patients before and after intervention using flipchart media. This research method is pre-experimental with a one group pretest and post-test design. The sampling technique used purposive sampling with 27 research subjects with hypertension. Subjects will be recalled once before giving intervention with flipchart media, then recall again at the time after giving intervention with flipchart media. The conclusion of this study is that there is no effect of flipchart media on the sodium intake of hypertensive patients with a pvalue = $0.05 < 0.130$ and the effect of giving flipchart to potassium intake of hypertensive patients with a p-value of $0.05 > 0.026$.

Keywords: Flipchart, Hypertension, Potassium, Sodium