

Relation Between Diet Accuracy and Diet Compliance with Hypertensive Patients of Cardiovascular Complications at X Hospital Jember District

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ABSTRACT

Hypertensive disease of heart complications started from the presence of high blood pressure that increases the workload of the heart, and over time this can cause in thickening process of the heart muscle. Dietary management in hypertensive patients with cardiovascular complications with low-salt and low-fat diet. The success of diet management is influenced by the precision of diet and dietary supplication, which will accelerate the healing process and maintain weight.

The purpose of this study is to determine the accuracy of diet and adherence to weight-loss diet in patients with hypertension heart complications at X Jember District Hospital.

This research uses observational analytic type with cohort design with total sampling technique and obtained subject as many as 22 respondents. The instruments that used in this research are an audit form for precision, comstock form for compliance and scales for body weight. This analysis was using Spearman's test.

The conclusion that there is no relationship between dietary accuracy in terms of dietary order with body weight ($p=0.693$), there is a relationship between dietary accuracy in terms of the accuracy of the amount of energy with weight ($p= 0.020$), and there is a relationship between diet compliance and weight ($p=0,000$).

Keywords : *Weight, Hypertension Heart Complications, Diet Compliance, Diet Accuracy.*