

**The Relation of Low-Salt Low-Fat Diet Compliance with Blood Pressure and
Secondary Hypertensive Patients' Natrium Levels at Inpatient Ward,
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ABSTRACT

Secondary hypertension is a condition when someone is experiencing an increase of high blood pressure as a result of experiencing or suffering from diseases such as heart failure, kidney failure, or body's hormonal system damage. The patients with coronary heart disease and heart failure are given low-salt low-fat diet therapy to reduce or remove plaque or fats that clog blood vessels. So it can lower the blood pressure and smoother the blood flow that transports natrium to the kidneys. Dietary arrangements in hypertensive patients and controlled blood pressure checks will work if patients are obedient. The purpose of study is to determine the relation of low-salt low-fat diet compliance with blood pressure and secondary hypertensive patients' natrium levels at inpatient ward, RSUD dr. Abdoer Rahem Situbondo. This research was conducted on December 2016 – January 2017. The method of research is an observational analytic using cross-sectional study approach with population of 186 patients. The sample size in this research is 20 subjects with sampling technique called purposive sampling. The independent variable is low-salt low-fat diet compliance, with blood pressure and natrium level as the dependent variable. Statistical analysis of this study is using Somers'd correlation test. The result shows that there is relation of low-salt low-fat diet compliance with blood pressure ($p = 0,001$) and natrium levels ($p = 0,015$) on Secondary Hypertensive Patients at Inpatient Ward, RSUD dr. Abdoer Rahem Situbondo.

Keywords: Blood Pressure, Diet Compliance, Natrium Level