ABSTRACT

THE RELATIONSHIP BETWEEN PATIENT'S OBEDIENCE TO JOIN PROLANIS AND BLOOD PRESSURE OF HYPERTENSION PATIENTS IN MOJO PUBLIC HEALTH CENTER SURABAYA

Correlation Study in Mojo Public Health Centre Surabaya

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Introduction: Blood pressure has an important role in hypertension management. Blood pressure can be influenced by four Prolanis programs and four hypertensive management compliance. The purpose of this study was to determine the relationship between Prolanis programs and patient obedience to joining Prolanis and also the relationship between patient obedience to joining Prolanis and blood pressure of hypertensive patients. Methods: This research used quantitative design with correlation method. Respondents were 24 people from hypertension Prolanis participants, with total sampling method. The dependent variable were Prolanis programs and patient’s obedience to joining Prolanis. The independent variable was blood pressure. The data were collected using special data, diet compliance questionnaire, physical activity (Baecke), treatment (MMAS-8) and medical record. The statistical test used Chi Square with Fisher exact as alternative test with level of significance \(< 0.05\). Results: Prolanis programs had a correlation with patient adherence to joining Prolanis \((p = 0.027)\) and patient adherence to joining Prolanis had a correlation with blood pressure in hypertensive patients \((p = 0.005)\). Discussion: Prolanis programs could influence patient’s obedience, so it improved patient obedience that may affect blood pressure to become normal. Other researchers who interest in Prolanis and blood pressure may modify the research design, such as comparing blood pressure with nonpharmacologic therapy in Prolanis patients. In addition, it is expected to develop research with qualitative methods to obtain more description about Prolanis and blood pressure.

Keywords: patient compliance, Prolanis, blood pressure, hypertension