

**Abstract Type : Poster**

**Abstract Submission No. : PO-1231**

## **MANAGEMENT OF HYPERTENSION ON ELDERLY OF POLEWALI MANDAR COMMUNITY**

**Andi Nursanti Andi Ureng**

Department of Chemistry, Gem Institute Of Technology And Health Sciences, Indonesia

**Case Study:** Hypertension in the elderly is largely isolated systolic hypertension (HST) and general is primary hypertension. The presence of hypertension, both HST and a combination of systolic and diastolic is a risk factor for morbidity and mortality for the elderly. The purpose of this study was to determine the management of elderly hypertension in the village of Polewali. The method used is an observation of the polewali health center, interview, and journal electronic database. The results showed that elderly hypertension for women was found to be higher than male elderly hypertension by a ratio of 53% and 35%. Management of hypertensive patients in the elderly, consisting of lifestyle modifications or nonpharmacological interventions to reduce blood pressure. Some life patterns that need to be modified are: elderly patients are given counseling to reduce salt intake, consume intake that can maintain potassium, calcium, and magnesium, stop smoking, reduce fatty eating, take aerobic exercise for the elderly 2 times a week at the polewali community health center and blood pressure checking. With the correct management of hypertension in the elderly against patients with hypertension, it is expected to reduce or minimize morbidity and mortality.

Blood pressure check in polewali

