

Erliana Dwi Setyawati NIM C2016049 Sarjana keperawatan	Dosen pembimbing : 1. Wahyuni, S. KM., M. Kes., MM 2. Hermawati, S. Kep., Ns., M. Kep
<h2>Self Management in Hypertention Elderly</h2>	
<h3>ESSENCE</h3>	
<p><b>Background :</b> The problem of hypertension is often found in the elderly due to decreased organ function in the elderly's body. Dealing with hypertensive patients requires self-management to improve the health status of the elderly. Self management can be used as an effort to prevent complications of hypertension. Therefore, the authors provide a solution in the form of poster media for the elderly in preventing hypertension. Elderly hypertension self-management posters are considered to be the most interesting media for the public to read, posters are packaged with concise words, language that is easy to understand and accompanied by attractive pictures that make it easier for the community, especially the elderly, to understand it. <b>Objective:</b> To increase the knowledge of the elderly about self management which can be used as an effort to prevent complications of hypertension. <b>Method :</b> A poster entitled "Self-Management Tips for Elderly Hypertension" which can attract the attention of readers and be able to understand the material presented. <b>Conclusion :</b> The poster entitled "Tips for Self-Management in the Elderly with Hypertension" contains important information along with short, concise and clear illustrative images so that it can make it easier for readers to understand the material.</p>	
<p><b>Kata kunci:</b> hypertension, <i>self management</i>, poster</p>	