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<p><b>IMPLEMENTATION OF CUCUMBER + PAPAYA + WATERMELON JUICE TO SYSTOLIC BLOOD PRESSURE AND DIASTOLIC PATIENTS WITH HYPERTENSION IN NOGOSARI PUSKESMAS WORKING AREA REGENCY OF BOYOLALI</b></p>	
<p style="text-align: center;"><b>ABSTRACT</b></p> <p><b>Background:</b> Hypertension is abnormal high blood pressure, generally a person experiencing hypertension when the blood pressure is <math>\geq 140</math> systolic mmHg or <math>\geq 90</math> mmHg diastolic. Based on the blood pressure measurement of people aged <math>\geq 18</math> years 2017, obtained Nogosari Puskesmas is the first sequence of the number of hypertension sufferers from 29 health centers in Boyolali district of 19,428 inhabitants. <b>Purpose:</b> Describe the implementation of the application of cucumber + papaya + watermelon juice in Nogosari Puskesmas. <b>Method:</b> The measuring instrument used in this application is a Digital Sfigmomanometer, which is a tool for measuring the patient's blood pressure. Blood pressure was measured before and 2 hours after the feeding of cucumber juice + papaya + watermelon, then the results were recorded in the observation sheet once a day for 7 days. <b>Results:</b>A decrease in systolic and diastolic blood pressure after administration of cucumber + papaya + watermelon juice with an average decrease of 4,8/2,3 mmHg and 13,5/2,3 mmHg. <b>Conclusion:</b> There was a decrease in systolic and diastolic blood pressure after cucumber + papaya + watermelon juice.</p>	
<p><b>Keywords:</b> Hypertension, Blood pressure, Cucumber + papaya + watermelon juice.</p>	