

SELF-MANAGEMENT PROGRAMS IN HYPERTENSIVE PATIENTS: A LITERATURE REVIEW

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ABSTRACT

Introduction: The main cause of cardiovascular diseases that the largest cause of death in the world is hypertension. Nowadays, hypertension is not only occur in elderly, but also occur in adult. Therefore, self-management in hypertensive patients is very important to control the blood pressure and prevent complications. The purpose of this paper is to identify self-management programs in hypertensive patients. **Method:** A narrative review of literature was performed to obtain studies that assessed self-management programs. Studies were selected by searching Ebscohost, Proquest and ScienceDirect from 2010 to 2015 for RCTs research design, with the keywords are self-management, self-care, hypertension, hypertensive, dan high blood pressure. **Results:** Five articles involving 1.486 hypertensive patients discussed about education programs and home blood pressure monitoring (HBPM) by visit directly and HINTS by phone or internet. These programs were applied to outpatients within 8 weeks until 3 years. All studies have showed a significant result to reduce and control the blood pressure. **Discussion:** The conclusion of these studies is that education programs by visit directly or HINTS are effective to reducing the blood pressure patients. These programs could be applied by nurses to increase self-behaviour, self-efficacy, self-monitoring, and self-titration treatment in hypertensive patients. However, the most effective program (visit directly or HINTS) for self-management is still remain unknown. It is therefore needs further to explore the best educational program strategy for self-management in hypertensive patients with various aspects (ability and psychology patients, family support, and cost-effectiveness), especially in Indonesia.

Key words: *high blood pressure, hypertension, self-care, self-management*