

ABSTRACT

CHARACTERISTICS OF HYPERTENSION PATIENTS' KNOWLEDGE ON BLOOD PRESSURE CONTROL USING THE HKLS QUESTIONNAIRE

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Hypertension is an abnormal blood pressure that can be measured in at least three different situations. Generally, if blood pressure is more than 140/90 mmHg, then a person is considered to be suffering from high blood pressure. Patient characteristics greatly influence the knowledge of hypertensive patients. Knowledge about hypertension possessed by hypertensive patients is very necessary, especially knowledge about how to manage the disease in order to achieve optimal health. Knowledge about hypertension influences the patient's own blood pressure control. This study determined to level of patient knowledge about hypertension regarding blood pressure control at Puskesmas Mantup on Lamongan Regency. This research uses a prospective research method with a non probability sampling technique or random sampling using an accidental sampling method where the sample is obtained by chance when the researcher is collecting data. Prospective data was obtained from the results of a questionnaire that was distributed to patients in January-February 2024 and there were 50 samples. The number of patients with a high level of knowledge was 28 patients (56%) and 22 patients with low knowledge (44%). There were 28 patients with uncontrolled blood pressure ($\leq 140/90$ mmHg) and the number of patients with uncontrolled blood pressure was 22 patients (44%). Based on the research results obtained, most patients have a poor level of knowledge regarding lifestyle and complications. Patient characteristics influence the patient's knowledge and blood pressure control, characteristics can support the patient's level of knowledge about hypertension and knowledge also influences the blood pressure control of hypertensive patients.

Keywords: *HKLS, Antihypertension drugs, Blood Pressure, Hypertension*