

SMOKING CESSATION SEBAGAI UPAYA DALAM MENGENDALIKAN TEKANAN DARAH: LITERATUR REVIEW

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INTISARI

Latar Belakang: Hipertensi merupakan salah satu penyakit yang menjadi salah satu penyebab kematian terbesar di seluruh dunia. Perilaku merokok merupakan salah satu faktor resiko hipertensi yang banyak terjadi di Indonesia. Salah satu bentuk pencegahan tekanan darah tinggi yang direkomendasikan oleh WHO adalah berhenti merokok (*smoking cessation*).

Tujuan Penelitian: Untuk mengetahui pengaruh *smoking cessation* sebagai upaya dalam mengendalikan tekanan darah berdasarkan kajian literatur.

Metode: Penelitian ini merupakan penelitian literature review melalui lima *database* elektronik, yaitu PubMed, Science Direct, Cochrane Library, Sage Journal dan Clinical Key.

Hasil: Pencarian literatur didapatkan 4 artikel yaitu pada *database* PubMed ditemukan 1 artikel, pada *database* Science Direct didapatkan 2 artikel, dan pada *database* Clinical Key didapatkan 1 artikel.

Kesimpulan: 1) Orang yang berhenti merokok, tekanan darah sistolik, tekanan darah diastolik dan tekanan darah sentral, kecepatan denyut nadi pergelangan kaki dan indeks augmentasi radial menurun secara signifikan; 2) Pada orang yang berhenti merokok dengan disertai pemberian konseling nutrisi mengalami penurunan tekanan darah; 3) Orang yang berhenti merokok pada 3 tahun pertama mengalami peningkatan tekanan darah sistolik yang dipicu oleh kenaikan berat badan.

Kata kunci: *Hipertensi, Smoking Cessation, Tekanan Darah*

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SMOKING CESSATION AS MEANS TO CONTROL BLOOD PRESSURE: A LITERATURE REVIEW

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ABSTRACT

Background: Hypertension is one of the most deadly diseases throughout the world. Smoking behavior is one of the risk factors that provokes hypertension in Indonesia. Concerning to hypertension, World Health Organization (WHO) recommends smoking cessation as one of the precaution methods.

Objective: To identify the effects of smoking cessation as means to control blood pressure using literature review.

Methods: This research using literature review with five various electronic publication sources namely *PubMed*, *Science Direct*, *Cochrane Library*, *Sage Journal*, and *Clinical Key*.

Results: There are four scientific articles were collected and used in this research. One article is from *PubMed*, two articles are from *Science Direct*, and the other one is from *Clinical Key*.

Conclusion: 1) People who do smoking cessation, their systolic blood pressure, diastolic blood pressure, central blood pressure, foot pulse, and radial augmentation index decreased significantly; 2) People who do smoking cessation followed with a nutritional counseling experienced a decrease in their triglyceride concentration and diastolic blood pressure; 3) People who do smoking cessation, in the first three years, experienced an increase in body weight, systolic blood pressure, and the level of total serum cholesterol.

Suggestions: Smoking cessation has positive impacts on reducing blood pressure and the level of total cholesterol that is why public education and promotion on smoking cessation for the active smokers. Nutritional counseling is necessarily needed as a part of health promotion for those who do smoking cessation because it prevents them gaining weight.

Keywords: *Hypertension, Smoking Cessation, Blood Pressure*

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