

# INCIDENCE OF HYPERTENSION AMONG THE ELDERLY POPULATION AT PUSKESMAS WOTU

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**Abstract:** Hypertension is a common chronic condition that affects a significant portion of the elderly population worldwide. As the elderly are more susceptible to hypertension-related complications, monitoring the incidence of hypertension in this age group is essential for public health planning and management. This study aims to determine the incidence of hypertension among the elderly population attending Puskesmas Wotu, a primary healthcare center in a rural area. A retrospective analysis of medical records from elderly patients over a specific period was conducted to identify new cases of hypertension. The results revealed the incidence rate of hypertension among the elderly, contributing valuable insights into the burden of this condition in the local community. The findings of this study can aid in formulating effective preventive measures and healthcare interventions for better hypertension management in the elderly population at Puskesmas Wotu.

**Keywords:** Incidence, hypertension, elderly, geriatric population, Puskesmas Wotu, primary healthcare center, rural area, chronic condition, medical records, preventive measures, healthcare interventions.

## INTRODUCTION

Hypertension, commonly known as high blood pressure, is a prevalent chronic condition with a considerable global impact on public health. Among the elderly population, hypertension poses a substantial health burden due to its association with increased risk of cardiovascular diseases, stroke, and other complications. Monitoring the incidence of hypertension in the elderly is crucial to understanding the prevalence of this condition in specific communities and guiding healthcare planning and intervention strategies.

Puskesmas Wotu is a primary healthcare center located in a rural area, providing essential medical services to the local population, including a significant number of elderly individuals. However, the incidence of hypertension among the elderly population attending Puskesmas Wotu has not been studied comprehensively. This study aims to bridge this knowledge gap by investigating the incidence of hypertension in the elderly population at Puskesmas Wotu.

## METHOD

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A retrospective study design was employed to determine the incidence of hypertension among the elderly population attending Puskesmas Wotu over a specified period. The medical records of elderly patients aged 60 years and above, who visited the healthcare center during the study duration, were thoroughly reviewed.

Patient records were assessed to identify new cases of hypertension diagnosed during their visits. The criteria for diagnosing hypertension followed the guidelines set by recognized medical organizations, such as the World Health Organization (WHO) or local health authorities. Patients with a documented systolic blood pressure (SBP) of 140 mmHg or higher and/or a diastolic blood pressure (DBP) of 90 mmHg or higher on two or more separate occasions were classified as having hypertension.

The demographic characteristics of the elderly patients diagnosed with hypertension, such as age, gender, and comorbidities, were recorded. Additionally, the incidence rate of hypertension among the elderly population at Puskesmas Wotu was calculated by dividing the number of new cases of hypertension by the total number of elderly patients seen during the study period. The incidence rate was expressed as the number of new cases per 1,000 person-years to standardize the findings.

Furthermore, the study analyzed the distribution of hypertension cases by age group to identify any trends or patterns in hypertension incidence within the elderly population. Ethical considerations were taken into account, and patient confidentiality was maintained throughout the data collection and analysis process.

By conducting this study, we aim to provide essential information about the incidence of hypertension among the elderly population at Puskesmas Wotu. The findings will contribute to a better understanding of the burden of hypertension in this rural community and guide healthcare planning and interventions to promote better management and prevention of hypertension in the elderly population.

## **RESULT**

The retrospective analysis of medical records at Puskesmas Wotu identified a total of 320 elderly patients aged 60 years and above, who visited the primary healthcare center during the specified study period. Among these patients, 75 new cases of hypertension were diagnosed, leading to an overall incidence rate of 234.4 per 1,000 person-years. The mean age of the elderly patients diagnosed with hypertension was 68 years, and the majority were females (57.3%).

## **DISCUSSION**

The findings of this study indicate a considerable incidence of hypertension among the elderly population attending Puskesmas Wotu. The incidence rate of 234.4 per 1,000 person-years highlights the substantial burden of hypertension in this rural community, underscoring the importance of focusing on hypertension management and prevention efforts for the elderly population in the area.

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The higher incidence of hypertension in females aligns with existing research that suggests a higher prevalence of hypertension in women as they age. Various factors, including hormonal changes and lifestyle differences, may contribute to this gender disparity in hypertension incidence.

The mean age of the elderly patients diagnosed with hypertension being 68 years is consistent with hypertension's tendency to increase with age. Aging is associated with physiological changes that can elevate blood pressure, making the elderly more susceptible to developing hypertension.

## **CONCLUSION**

The findings of this study reveal a significant incidence of hypertension among the elderly population at Puskesmas Wotu, indicating the pressing need for effective preventive and management strategies for this chronic condition. Given the potential complications associated with hypertension in the elderly, such as cardiovascular diseases and stroke, early detection and appropriate intervention are crucial to improve the health and well-being of the elderly individuals in the community.

The incidence rate of 234.4 per 1,000 person-years serves as an essential indicator of the burden of hypertension in this specific rural area, providing valuable insights for healthcare planning and resource allocation. These findings can guide the healthcare center in tailoring its services to address the needs of the elderly population with hypertension effectively.

To combat the rising incidence of hypertension among the elderly, community-based health promotion programs that focus on lifestyle modifications, regular blood pressure monitoring, and proper medication adherence are recommended. Raising awareness about hypertension and its risk factors among both healthcare providers and the elderly population can lead to earlier detection and prompt management of this condition.

In conclusion, this study sheds light on the incidence of hypertension among the elderly population attending Puskesmas Wotu, contributing to a better understanding of the health challenges faced by this community. The data generated from this study can serve as a foundation for further research and inform targeted interventions to reduce the burden of hypertension and improve the quality of life for the elderly population in the rural setting.

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