IMPLEMENTATION OF PROLANIS EXERCISE (CHRONIC DISEASE MANAGEMENT PROGRAM) TO LOWER BLOOD PRESSURE IN HYPERTENSIVE PATIENTS AT NGORESAN COMMUNITY HEALTH CENTER

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ABSTRACT

Background: *Hypertension is a global health problem that needs proper management to prevent serious complications. Besides pharmacological therapy, non-pharmacological approaches like Prolanis exercise are important to help lower blood pressure.* ***Objective****: this study aims to understand how Prolanis exercise is applied to reduce blood pressure in hypertension patients in the Ngoresan Health Center working area.* ***Method:*** *This quantitative descriptive research with a case study approach involved two respondents (Mrs. S and Mrs. T) who suffer from grade 1 hypertension. The Prolanis exercise intervention was given twice a week with each session lasting 30 minutes (5 minutes of warm-up, 20 minutes of the main exercise, and 5 minutes of cool-down). Blood pressure was measured before and after the intervention using a sphygmomanometer.* ***Results:*** *before the intervention, Mrs. S's blood pressure was 158/83 mmHg and Mrs. T's was 156/82 mmHg (with an average systolic decrease of 9 mmHg and diastolic of 5 mmHg for Mrs. S), while Mrs. T's dropped to 148/76 mmHg (average systolic decrease of 8 mmHg and diastolic of 6 mmHg).****Conclusion:*** *regularly doing prolanis exercises is effective in helping lower both systolic and diastolic blood pressure in hypertension patients.*

Keywords:*Blood Pressure, Hypertension, Prolanis Exercise*