

Daftar Pustaka

- Al-Daghri, N. M., Aziz, I., Yakout, S., Aljohani, N. J., Al-Saleh, Y., Amer, O. E., ... & Al-Badr, F. B. M. (2017). Inflammation as a contributing factor among postmenopausal Saudi women with osteoporosis. *Medicine*, 96(4).
- American Heart Association (AHA). 2017. *Hypertension Clinical Practice Guidelines*. <https://whitecoathunter.com/pedoman-hipertensi-aha-2017/>. Diakses pada tanggal 5 November 2017.
- Ann Soenarta,A, Erwinanto, S Mumpuni, A, S, Barrack R, Anna,L, A,Hersunarti N, Pratikto, R , S (2015). Pedoman Tatalaksana Hipertensi Pada Kardiovaskuler
- Bentley, D. C., Nguyen, C. H., & Thomas, S. G. (2015). Resting blood pressure reductions following isometric handgrip exercise training and the impact of age and sex: protocol for a systematic review. *Systematic reviews*, 4(1), 1-6.
- Carlson Debra, J., Dieberg, G., Hess, N. J., Millar,P, J., Smart,N, A., (2014). *Isometric exercise training for blood pressure management: a systematic review and meta-analysis*: Mayo Clin Proc
- Cauwenberghs, N., Cornelissen, V., Christle, J. W., Hedman, K., Myers, J., Haddad, F., & Kuznetsova, T. (2021). Impact of age, sex and heart rate variability on the acute cardiovascular response to isometric handgrip exercise. *Journal of Human Hypertension*, 35(1), 55-64.
- D'Urzo, K. A., King, T. J., Williams, J. S., Silvester, M. D., & Pyke, K. E. (2018). The impact of menstrual phase on brachial artery flow-mediated dilatation during handgrip exercise in healthy. *Experimental Physiology*, 103(2), 291-302.
- Figuroa, Jose,F., Hornofer K.,Riley, K.,Abiona, E (2018). A methodology for identifying high-need, high-cost patient personas for international comparisons: Health Services Research
- International Society of Global Hypertension (ISH) (2020), Klasifikasi Hipertensi

- Majdid, A. 2018. *Asuhan Keperawatan Pada Pasien Dengan Gangguan Sistem Kardiovaskular*. Yogyakarta :Pustaka Baru Press.
- Maria,L,Setyowati,S.,Gavatri,D, (2019). *Sexual function improvement of the menopausal women in South Sumatra, Indonesia after 'Mentari' health education.*: Semantic Scholar
- Ns. Andra dan Ns. Yessie (2013) *Keperawatan Medikal Bedah 2*. Penerbit : Nuha Medika
- Nurarif. A.H. dan Kusuma. H . 2015 : *APLIKASI Asuhan Keperawatan Berdasarkan Diagnosa medis & NANDA NIC NOC*. Jogjakarta : Mediacion
- Nurmarifatun, A, (2021), Penerapan Isometric Handgrip Exercisedan Slow Deep Breathing Exercise Untuk Menurunkan Tekanan Darah
- Perhimpunan Dokter Spesialis Kardiovaskuler Indonesia (2015) *Pedoman Tatalaksana Hipertensi Pada Penyakit Kardiovaskular..* Edisi I. Jakarta : Perki
- Prastiani.Dwi,B.,Arief,R., Umaroh,s., (2023). Penerapan Isometric Handgrip Exercise Untuk Menurunkan Tekanan Darah Penderita Hipertensi Derajat 1: SEHATMAS Jurnal Ilmiah Kesehatan Masyarakat
- (Risksdas, 2020), Penderita hipertensi
- Rudianto, B. F. 2013. *Hipertensi dan Diabetes*. Cetakan I. Yogyakarta : Sakhasukma.
- Samora,M,Incognito,A.,Vianna,N, (2019). *Sex Differences in Blood Pressure Regulation During Ischemic Isometric Exercise: The Role of the β -Adrenergic Receptors.*: Semantic Scholar
- Terpadu. Yokyakarta: Graha Ilmu.
- Tim Pokja SDKI DPP PPNI, (2016), *Standar Diagnosis Keperawatan Indonesia (SDKI)*, Edisi 1, Jakarta, Persatuan Perawat Indonesia
- Trisnawan,Adi. 2019. *Mengenal Hipertensi*. Semarang : Mutiara Aksara
- Triyanto, E. (2014). *Pelayanan keperawatan bagi penderita Hipertensi Secara*

- Tutoli,T,S,, Rasdiana,N.,Tahala,F, (2021). Pola Penggunaan Obat Antihipertensi Pada Pasien Hipertensi: Indonesian Journal of Pharmaceutical Education (e-Journal)
- Vivi,Nurmalita., Eva,A.,Dodik,P, (2019). HUBUNGAN KEPATUHAN MINUM OBAT ANTIHIPERTENSI TERHADAP KUALITAS HIDUP PADA PASIEN HIPERTENSI: E-Jurnal Undip
- Wayan,N,D & Kasiati. 2016. *Konsep Kebutuhan Dasar Manusia, Modul 2 : Kemenkes*
- Wilkinson Judith M. 2018. *Nursing Diagnosis Handbook, Edisi 11 : Pearson*