

Hypertension Excenses Clinical Symptoms of Covid-19 Patients

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ABSTRACT

Coronavirus Disease (Covid-19) is an infectious disease of the respiratory tract with coronavirus as the main pathogen. Coronavirus Disease is a new type of virus that has never been previously identified in humans. Corona viruses are zoonic (transmitted between animals and humans). As of April 30, 2020, based on the latest data from the World Health Organization (WHO), it shows that in Southeast Asia, Indonesia occupies the second highest position for a country with a number of confirmed Covid-19 cases, namely 9,771 cases with 784 patients dying. Patients who died not only because of the corona virus, but had previously experienced complications or had comorbidities, one of which was hypertension. In Indonesia, an internal medicine specialist Tunggal D Situmorang in his explanation confirmed that comorbid factors such as comorbidities worsen the clinical symptoms of Covid-19 due to having a lower immune system. Writing the Community Service (KKN-PKP) aims to increase the knowledge and awareness of the entire community about the effects of comorbid diseases such as hypertension on Covid-19 by making articles and conveying them to the public through the national printed mass media. The result of this activity is the publication of articles that convey information to the public. The articles made were published in the section Above, B7 health in the paper. The impact of this activity is smooth access to information or knowledge for loyal readers of the printed mass media (Waspada Daily newspaper), especially for people who find it difficult to access information through electronic mass media.

Keywords: *Hypertension, Excenses Clinical, and Covid-19 Patients*

1. INTRODUCTION

Coronavirus is a positive, single-strain RNA virus. encapsulated and unsegmented Coronavirus belongs to the order

Nidovirales, family Coronaviridae. Coronaviridae are divided into two sub-families differentiated by serotype and genomic characteristics. There are four genera, namely alpha coronavirus, betacoronavirus, deltacoronavirus and gamma coronavirus. On December 31, 2019, the World Health Organization (WHO) China Country Office reported a case of pneumonia of unknown etiology in Wuhan City, Hubei Province, China.

On January 7, 2020, China identified pneumonia of unknown etiology as a new type of coronavirus (coronavirus disease, COVID-19). Coronavirus Disease is a new type of virus that has never been previously identified in humans. Corona viruses are zoonic (transmitted between animals and humans). There are at least two types of coronavirus that are known to cause diseases that can cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute

Respiratory Syndrome (SARS). Research states that SARS is transmitted from civet cats to humans and MERS from camels to humans.

Until now the corona virus is rapidly spreading is still mysterious and research is still ongoing. According to Worldometers data, currently 198 countries have confirmed positive cases of Covid-19. Meanwhile, the number of cases recorded was 467,520 confirmed cases, with 21,174 people dying and 113,808 patients recovering (3). As of April 30, 2020, based on the latest WHO data, Indonesia is in the second highest position for a country with a number of confirmed Covid-19 cases, namely 9,771 cases with 784 patients dying.

Patients who died not only because of the corona virus, but had previously experienced complications or had comorbidities, one of which was hypertension. Research on corona

positive patients in China in The New England

Journal of Medicine (NEJM) shows patients with hypertension have severe symptoms by 23.7%. In Indonesia, an internal medicine specialist, Tunggul D Situmorang, in his explanation confirmed that comorbid factors such as comorbidities worsen the clinical symptoms of Covid-19 due to having a lower immune system. Coupled with these comorbidities that were not controlled.

Hypertension is one of the main causes of mortality and morbidity in Indonesia. The

2. RESEARCH METHODOLOGY

The method used in this research is qualitative research methods. This research examines

3. RESULTS AND DISCUSSION

a. Understanding Covid-19

Covid-19 is the name of the disease caused by the corona virus. This name is given by the WHO (World Health Organization) as the

diagnosis of hypertension is made when the blood pressure is above $\geq 140 / 90$ mmHg on the measurement in a clinic or health care facility (6). Blood pressure that flows throughout the body can damage organs quickly, especially when accompanied by Covid-19. The case in Italy shows that more than 75% of Covid-19 patients who die have hypertension. immune system is followed. Therefore, it is important for the community to maintain the immune system in order to stay good and still control the diseases experienced, one of which is a comorbid disease in Covid-19, namely hypertension.

the types and spread of the Covid-19 virus in general in Indonesia.

official name of this disease. Covid itself stands for Corona Virus Disease-2019. Covid-19 is a disease caused by the corona virus

which attacks the respiratory tract causing high fever, cough, flu, shortness of breath and sore throat.

According to the WHO website, the corona virus is a large family of viruses that can cause disease in animals or humans. In humans, corona is known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). This virus is capable of causing people to lose their lives so WHO has made the status of this corona virus into a pandemic and asked President Joko

b. The Covid-19 Transmission Process

The transmission of Covid-19 has made the world restless, including in Indonesia. Covid-19 is a new type of virus so that many parties do not know and do not understand how to deal with the virus. The government is required to deal with the real threat of Covid-19 as soon as possible. The temporary answer related to this

Widodo to establish a national corona emergency status.

President Joko Widodo (Jokowi) has established a public health emergency status related to the corona virus pandemic since the end of March 2020. He then issued a large-scale social restriction (PSBB) policy to suppress the spread of the corona virus. Jokowi also declared the corona virus pandemic a non-natural national disaster. The former mayor of Solo has finally banned people from returning to their hometowns from April 24 to May 31.

problem turns out to be in Law Number 6 of 2018 concerning Health Quarantine. Where in the law contains many matters related to health quarantine, the authorized party determines public health emergencies, and so on.

The law also determines what the implementing regulations are as a follow-up to the provisions

in health quarantine. However, implementing regulations as a further provision of the Health Quarantine Law do not yet exist, even though these implementing regulations really need to be formed immediately.

According to WHO, Covid-19 was transmitted from person to person. The method is from people infected with the corona virus to healthy people. The disease spreads

c. Correct Ways to Overcome and Prevent Covid-19

With the outbreak of the Corona or Covid-19 virus in various countries, the Government of the Republic of Indonesia issued a health protocol. The protocol will be implemented throughout Indonesia by the government, guided centrally by the Ministry of Health.

One of the protocols is that if you feel unwell with the criteria for a fever of more than 38o C, cough, flu, sore throat, then you should get enough rest at home and drink enough water. Use a mask, if you don't have a mask, you should

through tiny droplets that come out of the nose or mouth when those infected with the virus sneezes or coughs. The droplets then land on objects or surfaces that are touched and a healthy person. Then this healthy person touches their eyes, nose or mouth. The corona virus can also spread when the tiny droplets are inhaled by healthy people when they are near those infected with the corona.

follow proper etiquette when coughing and sneezing by covering the nose and mouth with a tissue, the upper arm and the inside. If you feel uncomfortable and are still continuing and accompanied by shortness of breath, immediately take a health check-up at a health service facility. And try not to ride in mass vehicles.

As with the above protocol, conclusions can be drawn regarding the response and prevention of Covid-19 in general, which are correct as follows:

- Wash your hands frequently

- Interact less with other people
- Healthy lifestyle (eating, sleeping, exercise) for body immunity
- Maintain a safe distance (1 meter) from people who are coughing / sneezing
- Avoid crowds
- Avoid touching eyes, nose and mouth
- Cough and sneeze etiquette, avoid spitting in public places
- Handle raw meat with care
- Avoid eating meat of sick / sick animals
- If there are symptoms, seek treatment immediately and use a mask if you are sick
- And always pray to God the Most Protecting

d. Forms of Participation in Combating Covid-19

In the midst of the incessant Freedom of Learning policy in the era of Minister Nadiem Makarim, the country was shocked by the outbreak of the corona virus (Covid-19). The current policy is studying at home. As said by President Jokowi at the Bogor Palace on March 15, 2020, "With this condition, it is time for us to work from home, learn from home, worship at home." This has been going on for more than a month. Where schools are closed, but the teaching and learning process continues through activities at home.

The teacher teaches from their own homes, the students study in their own homes. Home learning can use independent learning models, online learning, ICT-assisted learning, or other forms. One of the forms of participation in fighting Covid-19 is supporting government policies on this by continuing to study at home, work from home and worship at home. This aims to reduce and anticipate the spread of the corona virus. Online learning or online learning is a system that replaces face-to-face learning via online by accessing the internet

either via a cellphone or laptop. The goal is that the learning process continues even in these

However, there are ways you can do so that online learning continues to work effectively. Among them:

- Keep optimizing time management so that study time remains regular
- Maintain communication with teachers and

4. CONCLUSION

Covid-19 is a disease caused by the corona virus. This virus attacks the respiratory tract. The most common symptoms of Covid-19 are fever, fatigue and dry cough. Some people may experience aches and pains, nasal congestion, runny nose, sore throat or diarrhea. For the process of transmission to occur from person to person, it is necessary to have prevention that must be done.

The correct way of handling and prevention is to always maintain a healthy lifestyle (eating,

circumstances. Thus, it can be said that we are among those who participated in fighting Covid-19.

classmates. Thus, online learning will be carried out give a positive value to the learning process. Because this is also able to provide new experiences and learning which illustrates that technology can also be of good benefit to its users.

(sleeping, exercising) for body immunity, washing hands diligently, maintaining cough and sneezing ethics, avoiding crowds, avoiding touching eyes, mouth and nose, reducing interactions with people others, pray and so on.

As a form of participation that can be done, namely by supporting government policies regarding school at home, working from home and worship at home. And always do positive things that can reduce worry about the rise of this corona virus.

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