

# The Family's Role in Assisting Hypercholesterolemia Individuals in Controlling Serum Cholesterol Level

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## ABSTRACT

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<b>Introduction</b>	High serum cholesterol level increases the risk of stroke and coronary heart diseases. Family has an important role in assisting individuals in maintain and to reach a normal cholesterol level in the blood. The aim of this research was to explore the role of family in monitoring and maintaining hypercholesterolemia individuals' serum cholesterol level.
<b>Methods</b>	Seven pparticipants involved in this study. Sampling procedure used was snowball sampling method. Data was collected by interview, participant observation, documentation study, and literature review. Data analysis was done with thematic analysis steps.
<b>Results</b>	Three themes were found in this study. First, family role in controlling cholesterol level was "remind routinely control". Second, Family had a role to regulate the intake of high cholesterol food. Third, family could join the individuals to participate in exercise. This study showed that family plays an important role in assisting hypercholesterolemia individuals to control their cholesterol level. Family members are required to ensure there is a good match between family needs and the intake of environmental resources for the health care of family members (Holman, Killen in Friedman, 1998).
<b>Conclusions</b>	This study provided information about family role in controlling hypercholesterolemia individual's serum cholesterol level. It also provided addition knowledge to nurses in the care of individual's hypercholesterolemia. This research confirmed that family's role in assisting hypercholesterolemia individuals is very important to increase health community level in developing countries.