

SUMMARY

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NON PHARMACOLOGICAL HYPERTENSION THERAPY USING WARM WATER SOAK FEET AND DEEP BREATH RELAXATION	
SUMMARY	
<p>Background: In Indonesia, hypertension takes the largest proportion of all reported Non-Communicable Diseases (NCD), in the amount of 57.10% in Central Java. Purpose: Providing information to the readers or people with hypertension so that they can practice and get more insight and knowledge about this therapy. Method: Using the output of a pocket book entitled "Non Pharmacological Hypertension Therapy Warm Water Soak Feet & Deep Breath Relaxation". Conclusion: The pocket book is 36 pages, contains the definition of hypertension, causes of hypertension, classification of hypertension, risk factors for hypertension, signs and symptoms of hypertension, complications of hypertension, management of hypertension, definition of warm water foot soak and deep breath relaxation, benefits of warm water foot soak and deep breath relaxation, procedures for soaking feet in warm water and deep breath relaxation, the relationship of soaking feet in warm water and deep breath relaxation with a decrease in blood pressure. The purpose of the pocket book is to provide information to readers and people with hypertension so that they can practice therapy, gain knowledge, insights, and new knowledge in an easy way.</p>	
Keywords: <i>Hypertension, Warm water foot soak, Deep breath relaxation</i>	