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SLOW DEEP BREATHING EXERCISE EXERCISES TO REDUCE HIGH BLOOD PRESSURE IN LANS

ESSENCE

Background : Elderly (elderly) is someone who reaches the age of > 60 years. Elderly people are prone to experience diseases related to aging, one of which is hypertension. A person is considered hypertensive if the results of the measurement of systolic blood pressure > 140 mmHg and diastolic > 90 mmHg. Symptoms In hypertensive patients, among others, palpitations, blurred vision, headache accompanied by a heavy feeling in the neck, nausea, vomiting, ringing in the ears, restlessness, chest pain, fatigue, flushing and nosebleeds. The management of hypertension includes a combination of drug administration, diet and exercise. Non-medical management of hypertension can be done with integrative medicine, namely relaxation techniques (slow breathing exercise techniques) that can be taught to patients to reduce high blood pressure. Aim : Knowing the making of Information and Education Communication (IEC) media regarding slow deep breathing exercise as a promotional medium for physiotherapy to reduce high blood pressure in the elderly. Method: The method used is using IEC media in the form of posters as a promotional media containing programsslow deep breathing exercise to reduce high blood pressure in the elderly. Result: KIE print media in the form of This poster can be distributed directly to elderly posyandu cadres or directly to the elderly and community social organizations. Conclusion: As a medium for promoting education and information for the community, especially for the elderly, related to slow deep breathing exercises in dealing with high blood pressure in the elderly.

Keywords : Elderly, Slow Deep Breathing Exercise, Hypertension.