

**PENGEMBANGAN MEDIA VIDEO RENDAM AIR HANGAT UNTUK
MENCEGAH EDEMA KAKI IBU HAMIL TRIMESTER III**

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SUMMARY

Background: Edema is the accumulation of fluid excessively between body cells or in various body cavities, this is as a result of an imbalance of factors that control the movement of body fluids, including hemodynamic disorders of the capillary system that cause sodium and water retention, kidney disease and transfer of water from intravascular to the intersitium. The interstitial fluid volume is maintained by Starling's law. **Purpose:** The aim of this video is to reduce leg edema in third trimester of pregnancy. Because many pregnant women don't know the benefits and ways of soaking in warm water to reduce leg edema. With a promotional video that is able to present the attractiveness of pregnant women and their families, it is hoped that it can attract the audience to do warm water soaking therapy for leg edema of third trimester pregnant women. **Results:** The results of the video will be IPRed at 'Aisyiyah University, Surakarta and especially for people with leg edema sufferers so that they can find out and apply warm water soaking therapy exercises to prevent leg edema of third trimester pregnant women. **Conclusion:** This video media can increase knowledge of Third trimester pregnant women that Warm Water Soak therapy can prevent foot edema. With video media, respondents will easily understand the therapeutic methods of warm water bath to prevent leg edema of third trimester pregnant women.

Keywords: foot edema, warm water foot soak therapy, video

