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**MODIFICATION OF NON-PHARMACOLOGICAL THERAPY TO
REDUCE HIGH BLOOD PRESSURE**

SUMMARY

Background: Hypertension in Indonesia reaches 31.7% of the population aged 18 years and over, 60% of hypertension sufferers experience complications of stroke, kidney, kidney failure and blindness.

. Hypertension is a disorder of the blood vessels which results in a decrease in the supply of oxygen and nutrients. One of the non-pharmacological therapies that can be used to lower blood pressure in hypertensive sufferers is heart exercise.

Heart exercise is a sport that is classified as aerobic exercise, aerobic exercise can relax blood vessels which results in decreased blood pressure, Aerobic exercise can cause nerve activity, hormone receptors and The production of certain hormones decreases. The media used is video media

Purpose: Provide insight, knowledge and make it easier for people with hypertension to understand how to properly modify non-pharmacological cardiac exercise through video media so that it is easily understood by hypertensive sufferers by doing it independently

Method : With the media video "Tips for Lowering Elderly Hypertension with heart exercise"

Conclusion: video tips on reducing elderly hypertension with heart exercise is expected to be beneficial for people and people with hypertension so that they can apply heart exercise in a mandatory manner. envy.

Key words: heart exercise, hypertension.