

HYPERTENSION GYM EDUCATION FOR PATIENTS

HYPERTENSION WITH VIDEO MEDIA

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SUMMARY

Background: According to WHO, the prevalence of hypertension in the world reaches 1.13 billion individuals. Hypertension is a chronic disease often referred the silent killer, because generally patients do not know that they have hypertension before checking their blood pressure. One the non-pharmacological treatments to reduce high blood pressure is doing hypertension exercise. Hypertension exercise is a sport that shown for people with hypertension and the elderly to reduce high blood pressure and manage stress. Gymnastics is done 2 times a week with a period of 3 weeks on a regular basis. Information on hypertension gymnastics education can be socialized through media such as video media. ***Objective:*** To provide education on hypertension exercise in hypertension patients. ***Methods:*** IEC media in the form of video. ***Result:*** The IEC media is in the form of video because it can be seen used by all ages, its practical use, and last a long time and there are pictures, sounds and writings so that the material presented to the public can be accepted and can exercise independently. ***Conclusion:*** the video output media is expected to increase knowledge in the general public to motivate to apply hypertension exercise.

Keywords: Hypertension, Hypertension Exercise, Video