

**EDUCATION ON THE PROVISION OF BAY LEAF DECOCTION
ON BLOOD PRESSURE IN HYPERTENSIVE PATIENTS
THROUGH BOOKLET MEDIA**

Ika Setyaningsih, Endah Sri Wahyuni
ika.setyaningsih61@gmail.com
University 'Aisyiyah Surakarta

SUMMARY

Background: Lack of public knowledge about hypertension, consequently not all sufferers choose to seek treatment and the incidence of hypertension is high and increasing. Management that can be easily carried out by the community is non-pharmacological therapy with herbal medicines. Herbal medicine that is suitable for people with hypertension, namely bay leaf decoction. Booklets are used to provide information (knowledge) about the stew of bay leaves, media that can contain health information that can summarize detailed information and require a short time. **Purpose:** In the form of Intellectual Property Rights (HKI) for IEC media products, namely, a booklet entitled "Rebusan Daun Salam Untuk Penderita Hipertensi". **Results:** the results obtained were in the form of a booklet entitled "Rebusan Daun Salam Untuk Penderita Hipertensi" in which information about hypertension, bay leaves, the relationship between bay leaves and hypertension, how to make bay leaf stew. **Conclusion:** The booklet media "Rebusan Daun Salam Untuk Penderita Hipertensi" was chosen as a medium to provide information about herbal medicines for hypertension sufferers, with the aim and aim of providing insight into other non-pharmacological management, easily, independently and according to their respective conditions. This booklet is expected to provide benefits to all parties, for people with hypertension themselves and the wider community.

Keywords: hypertension, bay leaf decoction, booklet.