

**WARM FOOT SOAK THERAPY AS AN EFFORT
REDUCING BLOOD PRESSURE OF
HYPERTENSION SUFFERERS**

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SUMMARY

Background: Soak feet in warm water is one of the easy and inexpensive non-pharmacological therapies that can be used to reduce insomnia. Non-pharmacological treatment can be done by changing a healthier lifestyle and doing warm water bath therapy which is done every day. Hypertension or high blood pressure disease is a disorder of the blood vessels that results in obstructed supply of oxygen and nutrients. Until now, hypertension is still a big problem. The prevalence of hypertension in the world reaches 13.2% at 18-24 years old 20.1% at 25-34 years old and 31.6% in 25-44 years age group. ***Objective:*** Information and Education Communication (IEC) regarding warm water foot soak therapy to reduce blood pressure in hypertensive sufferers. ***Methods:*** The method used was using IEC media in the form of booklets as a promotional medium containing warm water foot soaking therapy as an effort to reduce blood pressure in hypertensive patients. ***Result:*** The printed media in the form of booklets can be used for the purpose of providing information and for public education. ***Conclusion:*** The booklet media can provide information on how to soak feet in warm water to reduce blood pressure.

Keywords: Warm Water Foot Soak, Hypertension, Blood Pressure, Booklet