

**EFFORTS TO REDUCE BLOOD PRESSURE IN THE ELDERLY WITH BAY LEAF
DECOCTION THROUGH BOOKLET MEDIA**

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SUMMARY

Back Ground : Hypertension is a health problem that is being experienced by the whole world. Hypertension is commonly called the silent killer because sufferers often experience no symptoms. The prevalence of hypertension world is around 972 million people or 26,4%, this figure is predicted to increase to 29,3% in 2030. Hypertension treatment can be done in two ways, namely pharmacology and non pharmacology. Non pharmacology treatment can be done with complementary therapy such as bay leaf decoction. Bay leaf (*Syzygium Polyanthum*) contain minerals that can improve blood circulation and reduce high blood pressure. **Objective :** It is hoped that it can provide information to patients about giving bay leaf decoction therapy which can lower blood pressure. **Method :** The method that is used is to use booklet media as information media, booklet is a small containing information equipped with pictures. **Result :** The resulting projectis in the form of a media booklet that contains clear information accompanied by supporting images as an educational medium which is expected to increase knowledge for people with hypertension so that blood pressure can be controlled. **Conclusion :** Booklet media can provide information to the public, especially the elderly with hypertension about lowering blood pressure with bay leaves and can apply it.

Keyword : Elderly, Hypertension, Bay Leaves