

**EDUCATION ON WARM WATER FOOT BATH THERAPY WITH SALT
AND LEMONGRASS IN AN EFFORT TO LOWER BLOOD PRESSURE IN
THE ELDERLY WITH HYPERTENSION THROUGH VIDEO**

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SUMMARY

Background Hypertension is a chronic increase in blood pressure. WHO states that the global prevalence of hypertension is 22%. In Mojolaban District, there are 21,576 elderly people with hypertension. An alternative therapy is to soak your feet in warm water with salt and lemongrass. **Objective:** As information to increase the elderly's knowledge about warm water foot soak therapy with salt and lemongrass to lower blood pressure. **Method:** The media used in this method is video, because videos are very effective in providing education about warm water foot soak therapy with salt and lemongrass to reduce blood pressure in the elderly. **Results:** What was obtained after being given education about warm water foot soak therapy with salt and lemongrass at home via video media was that almost all respondents did not know the correct warm water foot soak therapy with salt and lemongrass. **Conclusion:** Video of warm water foot soak therapy with salt and lemongrass to reduce blood pressure in the elderly can be used to increase public knowledge about how to lower blood pressure by soaking feet in warm water with salt and lemongrass.

Keywords : Hypertension, Soak Feet , Educational Video