

***IMPROVING KNOWLEDGE OF SLOW DEEP BREATHING IN ELDERLY
HYPERTENSIVE PATIENTS THROUGH BOOKLET-BASED EDUCATION***

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SUMMARY

Background: Hypertension is one of the most common degenerative diseases experienced by the elderly and can lead to serious complications such as stroke and heart disease. One non-pharmacological effort to lower blood pressure is through slow deep breathing (SDB) therapy, a deep breathing technique that provides a relaxing effect and naturally reduces blood pressure. However, public understanding—especially among the elderly—regarding this technique is still limited. ***Objective:*** This Communication, Information, and Education (CIE) activities with output in the form of a booklet media titled “Guidelines for Slow Deep Breathing Therapy to Lower Blood Pressure in the Elderly.” ***Method:*** Literature-based materials, booklet design created using Canva, tested on three elderly individuals with mild hypertension. The design is visually appealing, with simple language and supportive visuals. ***Results:*** By implementing slow deep breathing (SDB) therapy, Intellectual Property Right (IPR) will be pursued to protect this innovative work. ***Conclusion:*** This educational medium aims to increase knowledge among the elderly and is expected to be used in health promotion activities in the community.

Keywords: Elderly, Hypertension, Slow Deep Breathing