

***EFFORTS TO INCREASE KNOWLEDGE ABOUT MASSAGE ON
THE FEET IN REDUCING BLOOD PRESSURE IN PATIENTS
WITH HYPERTENSION USING BOOKLET MEDIA***

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SUMMARY

Background: Hypertension is an elevated blood pressure in systolic over 140 mmHg while diastolic is more than 90 mmHg. Hypertension often shows signs and symptoms so that it becomes the silent killer (the silent killer of death) and is the main trigger of heart disease, stroke and kidney disease. It need to be reiterated that controlling hypertension is like pharmacology and non pharmacology. Pharmacologists must consume drugs every day so that it causes dependence and excludes non-pharmacology while non-pharmacological there are therapies that can be applied such as foot massage which is carried out for 30 minutes. ***Method :*** massage technique by giving energy to the body through massage to improve blood circulation, increasing endurance in the form of a booklet that people wiht hypertension can practice at home. ***Result :*** The theme of this booklet is an easy way to lower blood pressure with foot massage. Describes hypertension,factors,symptoms, foot massage, foot massage procedures, foot massage techniques. ***Conclusion :*** booklet media can provide clear information on how to lower blood pressure with foot massage techniques.

Keyword: Hypertension, Foot, Massage, Booklet