

**THE EFFECT OF GING A WARM GINGER COMPRESS ON THE HYPERTENSION
HEAD PAIN SCALE
WITH THE MEDIA BOOKLET**

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ABSTRACT

Background; Hypertension is one of the most common cardiovascular diseases and is the most common in the community. World Health Organization (WHO) data in 2015 showed that around 1.13 billion people in the world have hypertension. In general, there are two management of hypertension pain, namely pharmacological management (drugs) and non-pharmacological management. In non-pharmacological interventions treating pain patients can be done by administering warm water compresses with ginger. **Desan Description Produced;** The output media produced in the making of this final project project is a media booklet with the theme "Hypertension Therapy Using Warm Water Compresses with Ginger". **Output achieved;** In this study, warm compresses with ginger were very effective in dealing with headaches in hypertensive patients. A warm compress will provide heat energy through conduction, where the heat can cause vasodilation (dilation of blood vessels), increase muscle relaxation thereby increasing circulation and increasing intake, oxygen, and nutrients to the tissue. The content in ginger such as Gingerol can cause a feeling of warmth, which makes blood vessels open (vasodilation) and improves circulation so that food and oxygen supply is better. **Conclusion;** Ginger warm compresses are believed to relieve or reduce tension, so that the headaches experienced by people with hypertension can be reduced.

Keywords: Warm Ginger Compress, Hypertension, Booklet