

**TEKNIK BEKAM KERING UNTUK MENURUNKAN TEKANAN DARAH
PADA IBU POSTPARTUM DENGAN PREEKLAMPSIA
MELALUI MEDIA BUKU SAKU**

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ABSTRACT

***Background:** Preeclampsia is a condition of increased blood pressure accompanied by protein in the urine that occurs during pregnancy, childbirth and the puerperium. Preeclampsia during pregnancy can persist in the postpartum period and will usually return to normal in the first week postpartum. So that it is necessary to provide non-pharmacological treatment in the form of dry cupping therapy. **Method :** The method used is to make a pocket book output to increase knowledge and interest in reading because pocketbooks are easy to understand information media with short and clear language. **Results :** A pocket book on dry cupping technique to reduce blood pressure in postpartum mothers with preeclampsia. **Conclusion :** An educational medium in the form of a pocket book has been created that states that dry cupping is beneficial in reducing blood pressure in preeclamptic postpartum mothers.*

***Keywords:** Postpartum, Preeclampsia, Dry Cupping Therapy*