

**FOOT MASSAGE THERAPY EDUCATION AS AN EFFORT TO OPTIMIZE
BLOOD PRESSURE REDUCTION IN HYPERTENSION PATIENTS
THROUGH BOOKLET MEDIA**

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SUMMARY

Background ; Hypertension is defined as an abnormal increase in blood pressure, 120-140 mmHg systolic pressure and 80-90 mmHg diastolic pressure. Hypertension is dubbed the silent killer because this disease has no specific symptoms, can attack anyone, and at any time, and can cause degenerative diseases, to death. Ignorance of knowledge becomes one of the important factors that affect knowledge of therapies that can be done to reduce blood pressure in patients with hypertension. The purpose of this final project is to increase the knowledge of hypertension sufferers about foot massage therapy as an effort to reduce blood pressure with booklet media. **Method ;** This final project is a self-made project according to the references obtained in journals and books, the media used is Booklet. **Results ;** The output of this final project in the form of a booklet entitled "Tips and Tricks to Lower Blood Pressure with Foot Massage Therapy", is expected to provide benefits for the community, especially for people with hypertension. **Conclusion ;** Lack of knowledge in people with hypertension about foot massage therapy can be improved through the media booklet.

Keywords ; Education, Hypertension, Foot Massage, Booklet