

TERA EXERCISE EDUCATION TO PREVENT STROKE IN HYPERTENSION PATIENTS BY USING VIDEO MEDIA

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SUMMARY

Background: Hypertension is an increase in systolic blood pressure of more than 140/90 mmHg and diastolic blood pressure of more than 90 mmHg on two blood pressure measurements within 5 minutes. In hypertension The higher the blood pressure, complications can occur, namely stroke. Stroke is a nerve capacity disorder caused by obstruction of blood flow to the brain that can appear suddenly or quickly. Sports such as gymnastics are able to encourage the heart to work optimally, where exercise is able to reduce cardiac output and decrease total peripheral resistance, resulting in a decrease in blood pressure. Tera gymnastics is a breathing exercise combined with motion sports. , joints and provide a relaxing effect **Purpose:** The provision of tera exercises is expected to provide benefits for stroke prevention in patients with hypertension as a non-pharmacological therapy and can be a source of additional information that is easy for the community to do. **Conclusion:** Video can provide information to increase knowledge about tera exercise to prevent stroke in patients with hypertension as a non-pharmacological therapy that can be done independently by the community which can be seen on social media via smartphones.

Keywords : hypertension,stroke,,exercise tera, video