

**SOAK FOOT WARM WATER AS EFFORT  
LOWER BLOOD PRESSURE IN  
HYPERTENSION PATIENTS**

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**SUMMARY**

**Background:** Hypertension is a condition in which blood pressure is chronically increased, blood pressure is abnormal or high in the arteries. Treatment of hypertension is divided into two, namely, pharmacological and non-pharmacological therapy. Non-pharmacological treatment of hypertension can be done by soaking the feet in warm water which has the benefit of improving blood circulation. **Purpose:** The warm water foot soak conveyed through of this video aims to be a medium for conveying information to the public about the warm water foot soak so that it is easy to understand and remember, as an educational medium using audio-visual and driving media so that people have the will to practice warm water foot soak according to the instructions in the video. **Conclusion:** Video is one of the health education media for foot soaking in warm water which can be used as a complementary treatment in reducing hypertension.

**Keywords:** Hyipertension, Warm Water Foot Soak, Video Media.