

EDUKASI KOMPRES HANGAT UNTUK MENGATASI NYERI LEHER PADA PENDERITA HIPERTENSI DENGAN MEDIA VIDIO

Dimas said, Endah sri wahyuni
Saiddimas100@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Hypertension is an increase in systolic blood pressure above 140 mmHg and diastolic pressure above 90 mmHg after two measurements with an interval of 5 minutes in quiet conditions. Hypertension can trigger the emergence of various kinds of deadly diseases such as heart attacks, strokes, heart failure and kidney failure which can indirectly kill the sufferer. The management of hypertension can be done in 2 ways, namely pharmacology with antihypertensive drugs and non-pharmacological therapy, one of which is by means of dhikr relaxation therapy. This dhikr has a relaxing power that can reduce tension (stress) and can create peace in the soul. **Objective:** It is hoped that the provision of warm compress therapy to reduce pain scale in hypertensive patients and hopes that the material presented can help the community. **Method:** Warm compresses can be applied to people with neck pain due to hypertension by using warm flowers attached to the neck, this is very effective for reducing pain. **Conclusion:** Video can provide information to increase knowledge about warm compress therapy to reduce blood pressure in hypertensive patients as a non-pharmacological therapy that is easy to practice independently by the community which can be seen on social media via smartphones.

Keywords: Hypertension, Warm Compresses, Video Media