

ABSTRACT

EFFORTS TO IMPROVE MEDICATION COMPLIANCE IN PATIENTS WITH HYPERTENSION THROUGH BOOKLET MEDIA

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Background: Hypertension is a condition in which pressure in blood vessels increases with systolic blood pressure measurements ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Hypertension is a "silent killer" that often does not cause symptoms, but suddenly the sufferer has experienced complications. Complications will arise if blood pressure continues to increase over a long period of time. **Objective:** This study aims to develop an educational booklet "Efforts to Comply with Medication in Patients with Hypertension Through Booklet Media" as a means of Communication, Information, and Education (IEC) to improve knowledge and medication adherence in hypertensive patients. **Method:** The study used a media development approach based on literature review and limited trials on three respondents with hypertension. The booklet material was compiled covering the definition, etiology, symptoms, stages, transmission, prevention, management, and clarification of myths, with a full-color design, simple language, and supporting illustrations. **Results:** The trial showed the booklet was informative, easy to understand, and it was suggested to add illustrations and lighter language. **Conclusion:** This booklet has the potential to improve knowledge of hypertensive patients about medication adherence.

Keywords: Booklet, Health Education, Hypertension, Knowledge, Compliance