**HEALTH EDUCATION ABOUT DEEP BREATHING RELAXATION TECHNIQUE**

**TO INCREASE THE KNOWLEDGE OF ACUTE MIOCARD INFARCTION**

**PATIENTS AT BRATANATA HOSPITAL**

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ABSTRACT

**BacSkground:** Acute myocardial infarction is a condition where necrosis of the heart muscle is due to a lack of blood and oxygen supply to the myocardium. A complaint that is often felt is chest pain like being hit by a heavy object, therefore it is necessary to handle pain as one of the managements is to provide education on deep breathing relaxation techniques to increase knowledge when handling this pain.

**Objective:** To determine the effect of nurses' independent actions on patients with myocardial infarction by providing education on deep breathing relaxation techniques with the aim of reducing chest pain

**Methods**: this study used a descriptive method, the sample in this study consisted of 1 respondent suffering from acute myocardial infarction (AMI). Measurements using pre-test and post-test questionnaire sheet measuring tools provide education to respondents by attaching leaflet media.

**Results:** the results obtained by providing education using pre-test and post-test questionnaire sheets as well as media leaflets to 1 respondent directly about deep breathing relaxation techniques show that there is a difference, this proves that the provision of education is very influential in increasing knowledge of respondents who suffer from infarction acute myocardial infarction (IMA).

**Conclusion:** an increase after health education can be identified by the results of the pre-test and post-test questionnaires regarding health education in clients with acute myocardial infarction (AMI).

**Keywords**: acute myocardial infarction, deep breathing relaxation techniques, health education

**References:** 15 books (2013-2022), 14 journals (2018-2022).