

**IMPLEMENTASI RENDAM KAKI AIR HANGAT PADA IBU  
HAMIL PREEKLAMPSIA BERAT DENGAN MASALAH  
KEPERAWATAN PERFUSI PERIFER EFEKTIF  
DI RSUD WONOSARI**

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**ABSTRAK**

**Latar Belakang:** Preeklamsia merupakan berbagai macam indikasi yang bisa terjadi selama kehamilan, persalinan, dan masa nifas. Rendam kaki air hangat merupakan salah satu terapi nonfarmakologis untuk menurunkan tekanan darah pada ibu hamil preeklamsia berat.

**Tujuan:** Studi kasus ini bertujuan untuk melihat dampak rendam kaki air hangat pada ibu hamil preeklamsia berat terhadap penurunan tekanan darah.

**Metode:** Studi kasus ini merupakan laporan studi kasus deskriptif dengan menggunakan pendekatan proses keperawatan. Subjek pada studi kasus ini adalah 2 pasien ibu primipara trimester III dengan preeklamsia berat.

**Hasil:** Hasil dari implementasi rendam kaki air hangat selama 3 hari diperoleh data bahwa terjadi penurunan tekanan darah dengan rincian tekanan sistolik pada pasien 1 rata-rata sebesar 16,3 mmHg dan tekanan diastolik rata-rata sebesar 16 mmHg, sedangkan pada pasien 2 diperoleh penurunan tekanan darah sistolik rata-rata sebesar 4,3 mmHg dan tekanan diastolik rata-rata sebesar 5,3 mmHg.

**Kesimpulan:** Rendam kaki air hangat cukup efektif untuk menurunkan tekanan darah pada ibu hamil preeklamsia berat.

**Kata Kunci:** rendam kaki air hangat, preeklamsia, tekanan darah

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**IMPLEMENTATION OF WARM WATER FOOT SOAK IN PREGNANT  
WOMEN WITH SEVERE PREECLAMPSIA WITH EFFECTIVE  
PERIPHERAL PERFUSION NURSING PROBLEMS  
AT RSUD WONOSARI**

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**ABSTRACT**

**Background:** Preeclampsia is a variety of indications that can occur during pregnancy, childbirth, and the postpartum period. Preeclampsia consists of two types, namely mild preeclampsia and severe preeclampsia. Warm water foot soaking is a non-pharmacological therapy to reduce blood pressure in pregnant women with severe preeclampsia.

**Objective:** This case study aims to see the impact of warm water foot soaks in pregnant women with severe preeclampsia on reducing blood pressure..

**Methods:** This case study is a descriptive case study report using a nursing process approach. The subjects in this case study were 2 third trimester primiparous mothers with severe preeclampsia.

**Results:** The results of the implementation of warm water foot soak for 3 days showed that there was a decrease in blood pressure with details of systolic pressure in patient 1 on average of 16.3 mmHg and diastolic pressure on average of 16 mmHg, while in patient 2 there was a decrease The average systolic blood pressure is 4.3 mmHg and the average diastolic pressure is 5.3 mmHg.

**Conclusion:** Warm water foot soaking is quite effective in reducing blood pressure in pregnant woman with severe preeclampsia.

**Keyword:** warm water foot soak, preeclampsia, blood pressure

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