

*IMPLEMENTATION OF WARM FOOT SOAK THERAPY TO REDUCE
BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE
WORKING AREA OF MLATI II HEALTH CENTER*

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ABSTRACT

Background: Hypertension is a disease of heart and blood vessel abnormalities characterized by an increase in blood pressure. The prevalence rate of hypertension in DIY is 11.01% or higher when compared to the national figure of 8.8%. Management of hypertension can be done pharmacologically and non-pharmacologically. Non-pharmacological therapy can be done by means of warm water foot soak therapy. Warm water foot soak therapy is a therapy that can have a significant effect on lowering blood pressure.

Objective: This case study was carried out with the aim of determining the implementation of warm water foot soak therapy to reduce blood pressure in hypertensive patients in the Mlati II Community Health Center working area.

Method: This research uses descriptive research methods with a case study design. This case study uses a nursing process approach including nursing assessment, nursing diagnosis, nursing intervention, and nursing evaluation. The subjects in this case study require two hypertensive patients who are undergoing treatment at the Mlati II Community Health Center

Results: Research shows that the implementation of warm water foot soak therapy in hypertensive patients with peripheral perfusion problems is not effective in reducing blood pressure

Conclusion: Implementation of warm water foot soak therapy in hypertensive patients with ineffective peripheral perfusion problems can reduce blood pressure.

Keywords: Hypertension, ineffective peripheral perfusion, warm water foot soak therapy

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IMPLEMENTASI TERAPI RENDAM KAKI DENGAN AIR HANGAT
TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI
DI WILAYAH KERJA PUSKESMAS MLATI II

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ABSTRAK

Latar Belakang : Hipertensi merupakan penyakit kelainan jantung dan pembuluh darah yang ditandai dengan peningkatan tekanan darah. Angka prevalensi hipertensi di DIY adalah 11.01% atau lebih tinggi jika dibandingkan dengan angka nasional yaitu 8.8%. Penatalaksanaan penyakit hipertensi dapat dilakukan secara farmakologi dan non farmakologi. Terapi non farmakologi dapat dilakukan dengan cara terapi rendam kaki air hangat. Terapi rendam kaki air hangat merupakan terapi yang dapat memberikan efek yang cukup signifikan terhadap penurunan tekanan darah.

Tujuan: Studi kasus ini dilakukan bertujuan untuk mengetahui implementasi terapi rendam kaki dengan air hangat untuk menurunkan tekanan darah pada pasien hipertensi di wilayah kerja Puskesmas Mlati II.

Metode: Penelitian ini menggunakan metode penelitian deskriptif dengan desain studi kasus. Studi kasus ini menggunakan pendekatan proses keperawatan meliputi pengkajian keperawatan, diagnosis keperawatan, intervensi keperawatan, dan evaluasi keperawatan. Subyek dalam studi kasus ini membutuhkan dua pasien hipertensi yang menjalani pengobatan di Puskesmas Mlati II

Hasil: Penelitian menunjukkan bahwa implementasi terapi rendam kaki air hangat pada pasien hipertensi dengan masalah perfusi perifer tidak efektif efektif menurunkan tekanan darah.

Kesimpulan: Implementasi terapi rendam kaki air hangat pada pasien hipertensi dengan masalah perfusi perifer tidak efektif dapat menurunkan tekanan darah.

Kata Kunci: Hipertensi, perfusi perifer tidak efektif, terapi rendam kaki air hangat

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