

PENERAPAN TERAPI RENDAM KAKI DENGAN LARUTAN GARAM HANGAT TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA HIPERTENSI DI WILAYAH KERJA PUSKESMAS SLEMAN

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ABSTRAK

Latar belakang : Lanjut usia (lansia) merupakan fase yang ditandai dengan mulainya kelemahan pada tubuh ditandai dengan rentannya terkena penyakit, menurunnya mobilitas serta perubahan secara fisiologis. Masalah kesehatan yang banyak muncul dalam proses penuaan adalah pola penyakit pada lansia, salah satunya yaitu masalah hipertensi. Hipertensi merupakan suatu kondisi tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg. Prevalensi penderita hipertensi di Daerah Istimewa Yogyakarta (DIY) di atas 30%, sedangkan berdasarkan diagnosis dokter/obat prevalensinya sebesar 10,68% sehingga dari data tersebut menjadikan hipertensi menjadi salah satu masalah utama kesehatan penduduk di DIY. Penatalaksanaan penyakit hipertensi dapat dilakukan secara farmakologi dan non farmakologi. Terapi non farmakologi dapat dilakukan dengan cara terapi rendam kaki dengan larutan garam hangat. Terapi rendam kaki dengan larutan garam hangat merupakan terapi yang dapat memberikan efek relaksasi yang dapat menurunkan tekanan darah.

Tujuan : Menerapkan terapi rendam kaki dengan larutan garam hangat untuk menurunkan tekanan darah pada lansia hipertensi di wilayah kerja Puskesmas Sleman dengan pendekatan asuhan keperawatan.

Metode : Metode penelitian yang digunakan dalam penyusunan karya tulis ilmiah ini berupa penelitian deskriptif studi kasus dengan menggunakan pendekatan proses keperawatan. Subyek studi ini meliputi dua klien lansia dengan masalah hipertensi. Penelitian dilakukan selama tujuh hari berturut-turut.

Hasil : Pada klien 1, rata-rata penurunan tekanan darah sistolik sebesar 12 mmHg, dan penurunan diastolik sebesar 2,14 mmHg. Sementara itu, klien 2 menunjukkan rata-rata penurunan tekanan darah sistolik sebesar 12,29 mmHg, dan penurunan tekanan darah diastolik sebesar 5,43 mmHg.

Kesimpulan : Penerapan terapi rendam kaki dengan larutan garam hangat efektif dapat menurunkan tekanan darah pada lansia dengan hipertensi..

Kata Kunci : Hipertensi, Lansia, Terapi rendam kaki, larutan garam hangat

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**IMPLEMENTATION OF SALT WARM WATER FOOT SOAK
THERAPY TO RREDUCE BLOOD PRESSURE IN ELDERLY WITH
HYPERTENSION IN WORKING AREA OF SLEMAN PUBLIC
HEALTH CENTER**

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ABSTRACT

Background: Elderly is a phase characterized by the onset of weakness in the body characterized by susceptibility to disease, decreased mobility and physiological changes. Health problems that often arise in the aging process are disease patterns in the elderly, one of which is hypertension. Hypertension is a condition of systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. The prevalence of hypertension sufferers in the Special Region of Yogyakarta (DIY) is above 30%, while based on doctor/drug diagnoses, the prevalence is 10.68%, so from this data hypertension is one of the main health problems of the population in Yogyakarta. The management of hypertension can be done pharmacologically and non-pharmacologically. Non-pharmacological therapy can be done by soaking the feet with a warm saline solution. Soaking the feet with a warm salt solution is a therapy that can provide a relaxing effect that can lower blood pressure.

Objective : To apply the therapy of soaking feet in warm water with salt to lower blood pressure in the elderly with hypertension in the working area of the Sleman Health Center.

Method: The research method used in the preparation of this scientific paper is in the form of descriptive research of case studies using a nursing process approach. The subjects of this study included two elderly clients with hypertension problems. The research was conducted for seven consecutive days.

Results: In client 1, the average decrease in systolic blood pressure was 12 mmHg, and the diastolic decrease was 2.14 mmHg. Meanwhile, client 2 showed an average decrease in systolic blood pressure of 12.29 mmHg, and a decrease in diastolic blood pressure of 5.43 mmHg.

Conclusion: The application of warm water soaking feet therapy with salt can effectively lower blood pressure in the elderly with hypertension.

Keywords : Hypertension, elderly, foot therapy soaking warm water with salt.

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