FOOT BATH THERAPY USING WARM WATER WITH SALT AND LEMONGRASS TOWARDS BLOOD PRESSURE REDUCTION ON THE PATIENTS WITH HYPERTENSION IN COMMUNITY HEALTH CENTER (PUSKESMAS), GAMBIRSAI, SURAKARTA

ABSTRACT

Introduction: Hypertension is a health problem indicated by blood pressure which reaches >140/90 mmHg. The prevalence of hypertension in Gombirsari community health center (Puskesmas) based on Surakarta Healthcare Department are 2,798 people. Hypertension can be treated with non-pharmacological treatments, one of the treatment that can reduce the blood pressure is foot bath therapy by using warm water with salt and lemongrass. Aim: to describe the result of foot bath therapy by using salt and lemongrass to reduce blood pressure on the patients with hypertension. Method: The research method used was descriptive method through observation over the patients by using sphygmomanometer and stethoscope to measure the blood pressure. Findings: The results of measurement on the systolic and diastolic blood pressure of Mrs. S and Mrs. P before the foot bath therapy treatment are on 160/90 mmHg and 160/100 mmHg respectively. Meanwhile, the results of measurement on Mrs. S and Mrs. P after the treatment are on 140/90 mmHg and 140/90 mmHg respectively. Conclusion: There is reduction on the blood pressure after being treated with foot bath therapy by using warm water with salt and lemongrass. Suggestion: It is expected that all of the respondents can do the foot bath therapy routinely.

Keywords: Hypertension, Foot bath, Blood Pressure Reduction