SOAK FEET THERAPY WITH WARM WATER TO DECREASE THE BLOOD PRESSURE OF ELDERLY PATIENT WITH HYPERTENSION DISEASE IN FILAGE NAWUD TEGALMADE MOJOLABAN SUKOHARJO

ABSTRACT

Background: Hypertension is heart disease and blood pressure that is a condition of blood pressure which increases chronically. The non-pharmacological treatment can be done with a healthier lifestyle and soak feet using warm water at any time.

Aim: This study aims to describe the blood pressure of patients given the feet soak therapy with warm water in elderly patients with hypertension disease.

Method: This research used the descriptive method which systematically, accurately, facts and characteristics about population. Result: The results of the research are on the first day Mrs B was having Mild Hypertension (Stage 1) and became Normal High two days later on the third day after doing warm water foot soak. On the other hand, Mr J had a Mild Hypertension (Stage 1) on the first day then became Mild Hypertension (Stage 1) on the third day after doing warm water foot soak. Conclusion: Soak feet therapy with warm water is proven to decrease the blood pressure of elderly people with hypertension disease.

Keyword: Soak feet therapy with warm water, blood pressure, elderly, hypertension.