

ABSTRAK

Tekanan Darah Pada Penderita Hipertensi Setelah Dilakukan Terapi Rendam Kaki Air Hangat Di Wilayah Kerja Puskesmas Bangil. Roy Purwyangga Saputra (2019). Karya Tulis Ilmiah Studi Kasus. Program Studi Keperawatan Malang, Jurusan Keperawatan Politeknik Kesehatan Malang, Pembimbing: Dr. Susi Milwati, S. Kp, M. Pd.

Kata Kunci: Hipertensi, Tekanan darah, Rendam kaki air hangat

Pada saat ini hipertensi bukan dialami oleh orang lanjut usia saja namun hipertensi juga banyak terjadi pada usia muda. Salah satu terapi komplementer yaitu rendam kaki air hangat. Rendam kaki air hangat dapat mengakibatkan vasodilatasi pada pembuluh darah sehingga menurunkan tekanan darah. Metode penelitian ini menggunakan deskriptif studi kasus dengan metode pengumpulan data dengan wawancara dan observasi. Subjek penelitian dua orang dewasa yang mengalami hipertensi ringan, penelitian dilakukan pada tanggal 27 Desember 2018 – 3 Januari 2019. Hasil penelitian adalah tekanan darah rata – rata sebelum terapi subjek I Ny. K 154/100 mmHg pada pagi dan 157/99 mmHg pada sore hari, setelah diberikan terapi selama tujuh hari didapatkan hasil tekanan darah dengan rata – rata 150/98 mmHg pada pagi dan 152/98 mmHg pada sore hari. Sebelum dilakukan terapi didapatkan tekanan darah rata – rata subjek II Ny. E 153/94 mmHg pada pagi dan 148/88 mmHg pada sore hari, setelah diberikan terapi rendam kaki air hangat hasil tekanan darah 149/91 mmHg pada pagi dan 144/86 mmHg pada sore hari. Adanya penurunan tekanan darah pada kedua subjek ditandai dengan penurunan tekanan darah. Rekomendasi terapi rendam kaki air hangat dapat menurunkan tekanan darah dilakukan dengan suhu 38°C selama 15 menit.

ABSTRACT

Blood Pressure in Hypertension Patients After Warm Water Foot Soak Therapy in the Work Area of Bangil Health Center. Roy Purwyangga Saputra (2019). Scientific Writing Case Study. Malang Nursing Study Program, Malang Department of Nursing Health Polytechnic, Advisor: Dr. Susi Milwati, S. Kp, M. Pd.

Keyword: Hypertension, Blood Pressure, Warm Water Foot Soak Therapy

The prevalence of hypertension increases every year. At present hypertension is not experienced by elderly people, but hypertension also occurs at a young age. One complementary therapy is to soak the feet of warm water. Soaking the feet of warm water can cause vasodilation in the blood vessels so that it lowers blood pressure. This research method uses descriptive case studies with methods of data collection by interview and observation. The research subjects used were two adults who experienced mild hypertension, where the study was conducted on December 27, 2018 - January 3, 2019. The results obtained were average blood pressure before therapy subject I Ny. K 154/100 mmHg in the morning and 157/99 mmHg in the afternoon, after being given therapy for seven days the results of blood pressure were obtained with an average of 150/98 mmHg in the morning and 152/98 mmHg in the afternoon. blood - average suicide II Ny. E 153/94 mmHg in the morning and 148/88 mmHg in the afternoon, after being given therapy for seven days the results of blood pressure were 149/91 mmHg in the morning and 144/86 mmHg in the afternoon. The decrease in blood pressure on both subjects was marked by a decrease in blood pressure after therapy was carried out on day 1 to day 7. For recommended warm water foot soak therapy can cause lower blood pressure. Therapy for soaking the feet is done at a temperature of 38°C for 15 minutes