

ABSTRAK

Kiki Megawati (2025). *Penerapan Terapi Rendam Kaki Air Hangat Pada Lansia Dengan Penderita Hipertensi Di Wilayah Kerja Puskesmas Rumbai* Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Riau, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau pembimbing (I) Ns. Melly, SST., S.Kep., M.Kes, (II) Fathul Jannah, M.Sc, Apt.

Hipertensi, ditandai tekanan darah sistolik ≥ 140 mmHg atau diastolik ≥ 90 mmHg, sering menyerang lansia karena penurunan fungsi organ. Faktor risikonya meliputi usia, jenis kelamin, dan genetik (tidak dapat diubah), serta pola makan, obesitas, kurang aktivitas, stres, merokok, dan alkohol (dapat diubah). Dampak hipertensi meliputi penyakit jantung, stroke, kerusakan ginjal, hingga kematian mendadak. **Tujuan** penelitian ini untuk mendeskripsikan penerapan terapi rendam kaki air hangat pada lansia dengan penderita hipertensi di Puskesmas Rumbai. **Metode** penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus dengan jumlah subjek sebanyak 2 orang yang mengalami hipertensi derajat 1, dan tidak mengonsumsi obat antihipertensi. **Pelaksanaan** terapi dilakukan selama 5 hari berturut-turut pada tanggal 14 s.d 18 Maret 2025. **Hasil** menunjukkan bahwa pada subjek 1 terjadi penurunan tekanan darah pada subjek I TD 158/95 mmHg menjadi 135/80 mmHg pada hari kelima. Subjek II menunjukkan penurunan dari 160/98 mmHg menjadi 143/82 mmHg pada hari kelima. **Saran** Penerapan terapi rendam kaki air hangat diharapkan dapat digunakan pada penderita hipertensi untuk menurunkan tekanan darah. Diharapkan penderita hipertensi juga mampu melakukan terapi rendam kaki air hangat secara mandiri dan juga melibatkan keluarga untuk memonitoring makanan dan mengontrol aktivitas penderita hipertensi sehari-hari.

Kata kunci: Lansia, Hipertensi, Terapi Rendam Kaki, Air Hangat.

ABSTRACT

Kiki Megawati. (2025). *Application of Warm Water Foot Soak Therapy in Elderly Patients with Hypertension in the Working Area of Rumbai Public Health Center: A Case Study Scientific Paper. Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau.*

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Hypertension, characterized by systolic blood pressure ≥ 140 mmHg or diastolic ≥ 90 mmHg. often attacks the elderly due to decreased organ function. Risk factors include age, gender, and genetics (cannot be changed), as well as diet, obesity, lack of activity, stress, smoking, and alcohol (can be changed). The impact of hypertension includes heart disease, stroke, kidney damage, and sudden death. The purpose of this study was to describe the application of warm water foot soak therapy in the elderly with hypertension at the Rumbai Health Center. This research method uses a descriptive method with a case study approach with 2 subjects who had grade 1 hypertension and were not taking antihypertensive drugs. The therapy was carried out for 5 consecutive days from March 14 to 18, 2025. The results showed that in subject 1 there was a decrease in blood pressure in subject I TD 158/95 mmHg to 135/80 mmHg on the fifth day. Subject II showed a decrease from 160/98 mmHg to 143/82 mmHg on the fifth day. Suggestion The application of warm water foot soak therapy is expected to be used in hypertension patients to lower blood pressure. It is expected that hypertension patients are also able to do warm water foot soak therapy independently and also involve families to monitor food and control the daily activities of hypertension patients

Keywords: *Elderly, Hypertension, Foot Soak Therapy, Warm Water.*