

**THE APPLICATION OF FOOT MASSAGE TO DECREASING
BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE ICU
AT PKU MUHAMMADIYAH KARANGANYAR HOSPITAL**

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ABSTRACT

Background: Blood pressure is an important indicator in assessing the cardiovascular system and the performance of a person's body so it is necessary to know that someone has hypertension. There are 1.28 billion adults with hypertension in the world in 2021 who suffer from hypertension. While the number of patients in the ICU who suffered from hypertension in the last 1 year was 140 patients. Based on these conditions, management is needed to reduce blood pressure by providing Foot Massage intervention. **Objective:** To find out the results of the implementation of giving Foot Massage on Lowering Blood Pressure in Hypertensive Patients in the ICU Room at PKU Muhammadiyah Karanganyar Hospital. **Method :** This type of research is a case study of foot massage in hypertensive patients. **Results:** The results of the implementation of Foot Massage found a decrease in blood pressure in both rospenden Mr. M from 145/90mmHg to 125/80mmHg, and Mrs. W 159/100mmHg to 130/90mmHg **Conclusion:** There are differences in blood pressure in hypertensive patients after Foot Massage therapy at PKU Muhammadiyah Karanganyar Hospital.

Keywords: Foot Massage, Blood Pressure, Hypertension