

**APPLICATION OF WARM WATER FOOT SOAK TO DECREASE BLOOD  
PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION IN RSUD Dr.  
SOERATNO GEMOLONG**

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**ABSTRAK**

**Background** : Hypertension is a condition of the body characterized by a systolic blood pressure of more than 140 mmHg and diastolic pressure of 90 mmHg. The highest percentage of the age group experiencing hypertension was in the 65-74 year age group of 63,22%, the age group over 75 years of age was 69,53%. Efforts to treat hypertension can be carried out pharmacological and non pharmacological therapy using one non pharmacological trellis that can reduce blood pressure, namely warm water foot soak therapy. **Objective** : This application aims to determine the effect of soaking feet in warm water on reducing blood pressure in the elderly people with hypertension in RSUD dr. Soeratno Gemolong. **Method** : This implementation method uses a case study. **Results** : The results of the application show that there is an effect of giving foot soaks with warm water on reducing blood pressure in elderly people with hypertension in RSUD dr. Soeratno Gemolong. **Conclusion** : The application of foot soaks with warm water can affect blood pressure in both hypertensive patients, namely by decreasing blood pressure.

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