

# THE APPLICATION OF WARM WATER FOOT BATH HYDROTHERAPY ON BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION IN PURWODININGRATAN SUB-DISTRICT JEBRES SURAKARTA

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## **ABSTRCK**

**Background:** The elderly often experience a decrease in the physiological function of the body, one of which is the cardiovascular system which is characterized by an increase in blood pressure. Data on hypertension patients in Surakarta with a percentage of 20.5% and data obtained at Purwodiningratan Health Center in January 2025. Increased blood pressure in lansia can cause several risks ranging from heart disease, stroke, and kidney failure. One of the therapies that can be used to lower blood pressure is warm water foot bath therapy. **Objective:** Knowing the blood pressure before, after and comparison of the results of the implementation of warm water foot baths on lowering blood pressure in 2 elderly people with hypertension. **Methods:** Research using descriptive case studies. With the application of warm water foot soak on two respondents to reduce blood pressure in the elderly with hypertension for 3 days. **Results:** The blood pressure of the two respondents decreased with a systolic ratio of 10 and 10 mmHg and diastolic 15 and 10 mmHg. **Conclusion:** There is a decrease in blood pressure after warm water foot bath hydrotherapy on both respondents.

*Keywords: Elderly, Hypertension, warm water soak*