

**APPLICATION OF FOOT MASSAGE TO LOWERING BLOOD PRESSURE
IN STROKE PATIENTS AT THE INTENSIVE CARE ROOM
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ABSTRACT

Background: Hypertension is systolic blood pressure more than 140 mmHg and diastolic more than 90 mmHg. Hypertension is the main trigger for the occurrence of stroke, both hemorrhagic and ischemic stroke. Treatment of stroke can be done with pharmacological therapy, namely administration of anti-hypertensive drugs and other supporting therapies, namely non-pharmacological therapy with massage. **Objective:** To find out the results of applying foot massage to reducing blood pressure in stroke patients. **Method:** This application is a case study of 2 respondents, where to measure blood pressure before and after each administration of foot massage intervention which is carried out once a day for 3 days, 15 minutes long. **Results:** Blood pressure before foot massage was carried out in respondents included in the category of degree 2 hypertension. Blood pressure after foot massage on respondents included in the category of hypertension degree 1. There was a decrease in blood pressure before and after the foot massage intervention. To Mr. W with 8 mmHg systolic and 3 mmHg diastolic, whereas in Tn. A there is a decrease in systolic 8 mmHg and diastolic 4 mmHg. **Conclusion:** Foot massage therapy can reduce blood pressure in stroke patients.

Keywords: Foot massage, hypertension, stroke, blood pressure