

**APPLICATION OF FOOT MASSAGE TO REDUCE FOOT EDEMA IN  
CONGESTIVE HEART FAILURE PATIENTS  
AT SALATIGA CITY HOSPITAL**

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**ABSTRACT**

**Background;** Heart disease is a disease caused by interference with the heart in pumping blood so that it can cause death. Heart failure is characterized by dyspnea (shortness of breath) and accumulation of edema fluid in the soft tissues, caused by failure of the heart's pumping movement. Management to reduce edema with foot massage. **Objective;** Results of applying foot massage to reduce foot edema in Congestive Heart Failure patients. **Method;** This type of research is a case study using descriptive research methods and measuring edema grading, ankle circumference, instep circumference, and mp joint circumference. **Results;** Foot edema before the foot massage was performed on the respondent was included in the grading category 2+ and circumference > normal value. Foot edema after foot massage on the respondent can decrease. There are differences in the development of foot edema before and after foot massage. **Conclusion;** There are differences in development before and after the application of foot massage for 3 days with a duration of 20 minutes to reduce foot edema in Congestive Heart Failure patients.

**Keywords:** Heart Disease, Congestive Heart Failure, Foot Edema, Foot Massage