

**APPLICATION OF FOOT HYDROTHERAPY WITH RED GINGER TO
CHANGES IN BLOOD PRESSURE IN ELDERLY PATIENTS WITH
HYPERTENSION AT RSUD dr. SOEDIRAN MANGUN SUMARSO,
WONOGIRI DISTRICT, CENTRAL JAVA**

Yohana Destria R¹ , Erika Dewi Noorratri²

yohanadestr@gmail.com

Universitas Aisyiah Surakarta

ABSTRACT

Background: Hypertension stand on the first place with the most problems experienced by the elderly. Hypertension is called a silent killer so that sufferers often don't know they have hypertension. Non-pharmacological therapy that can be used is foot hydrotherapy with red ginger decoction. **Purpose :** To find out the results of implementing foot hydrotherapy with red ginger on changes in blood pressure in elderly patients with hypertension. **Method :** This application was carried out 6 times over a 2 week period. It was carried out by measuring the respondent's blood pressure before being given foot hydrotherapy, then giving a foot bath with warm red ginger stew for 15 minutes and ending with measuring the blood pressure again in the respondent. **Results:** The results showed that the 2 respondents experienced differences and decreases before and after being given foot hydrotherapy. The difference in the average systolic in the 2 patients was 4.99 mmHg while the difference in the average diastolic in the 2 patients was 0.33 mmHg. **Conclusion:** Foot hydrotherapy with red ginger decoction has an effect on changes in blood pressure in elderly patients with hypertension.

Keywords: Elderly, Hypertension, Foot Hydrotherapy, Red Ginger