

**APPLICATION OF WARM WATER FOOT SOAKING MIXED WITH SALT ON
BLOOD PRESSURE OF HYPERTENSIVE PATIENTS AT SIBELA HEALTH
CENTER SURAKARTA**

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ABSTRACT

Background: Hypertension or high blood pressure is a chronic health problem that can lead to serious complications such as stroke, kidney failure, and heart attack. Based on WHO data, the prevalence of hypertension is 33%. The prevalence of hypertension in Indonesia is 34.1%. Hypertension in Central Java reached 37.57% while hypertension in the Surakarta city area in 2023 reached 67,355 cases. Handling hypertension can be done pharmacologically, but long-term therapy can cause side effects. One of the non-pharmacological alternatives is warm water foot bath mixed with salt, which is able to reduce blood pressure through relaxation and vasodilation mechanisms. **Objective;** to determine before and after the effect of warm water foot bath mixed with salt on blood pressure of hypertensive patients. **Method;** Descriptive research through case studies by applying warm water foot baths mixed with salt every morning for 15 minutes for 7 consecutive days on the blood pressure of hypertensive patients. **Results;** before the application, there was a change in blood pressure reduction before and after being given warm water foot soak therapy with a mixture of salt on two respondents. **Conclusion:** There is an effect of warm water foot soak with a mixture of salt for 7 consecutive days for 15 minutes on the blood pressure of hypertensive patients.

Keywords: Salt, Hypertension, Warm Water Foot Soak.