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SOAK FEET THERAPY WITH WARM WATER TO DECREASE THE BLOOD PRESSURE OF ELDERLY PATIENT WITH HYPERTENTION DISEASE IN NURSING HOME FOR ELDERLY AISYIAH SURAKARTA

ABSTRACT

Background ; Elderly experienced the aging process, it is a process resulted in some significant changes include physical, psychological, and psychosocial change. One of the most common health problems experienced by the elderly is the cardiovascular system. Warm water can accelerate blood circulation to be smooth. **Aim** ; This study aims to describe the blood pressure of patients given the feet soak therapy with warm water in elderly patients with hypertension disease. **Method** ; This research used a descriptive method to describe accurately the facts and characteristics of the patients before and after given the treatment. **Results** ; The results of this study obtained Mrs. S in the first day before having soak feet therapy with warm water experience of mild hypertension (stage 1) and after having soak feet therapy with warm water in third day, down to Normal High hypertension. While on Mrs. H, in the first day before having soak feet therapy with warm water experience of medium hypertension (stage 2) then on the third day after having the therapy become mild hypertension (stage 1). **Conclusion**; Soak feet therapy with warm water is proven to decrease the blood pressure of elderly people with hypertension disease.

Keyword : *Soak feet therapy with warm water, blood pressure, elderly, hypertension.*