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**FOOT BATH THERAPY USING WARM WATER WITH SALT AND LEMONGRASS TOWARDS BLOOD PRESSURE REDUCTION ON THE PATIENTS WITH HYPERTENSION IN COMMUNITY HEALTH CENTER (PUSKESMAS), GAMBIRSARI, SURAKARTA**

**ABSTRACT**

**Introduction:** Hypertension is a health problem indicated by blood pressure which reaches  $>140/90$  mmHg. The prevalence of hypertension in Gambirsari community health center (Puskesmas) based on Surakarta Healthcare Department are 2,798 people. Hypertension can be treated with non-pharmacological treatments, one of the treatment that can reduce the blood pressure is foot bath therapy by using warm water with salt and lemongrass. **Aim:** to describe the result of foot bath therapy by using salt and lemongrass to reduce blood pressure on the patients with hypertension. **Method:** The research method used was descriptive method through observation over the patients by using sphygmomanometer and stethoscope to measure the blood pressure. **Findings:** The results of measurement on the systolic and diastolic blood pressure of Mrs. S and Mrs. P before the foot bath therapy treatment are on 160/90 mmHg and 160/100 mmHg respectively. Meanwhile, the results of measurement on Mrs. S and Mrs. P after the treatment are on 140/90 mmHg and 140/90 mmHg respectively. **Conclusion:** There is reduction on the blood pressure after being treated with foot bath therapy by using warm water with salt and lemongrass. **Suggestion:** It is expected that all of the respondents can do the foot bath therapy routinely.

**Keywords:** Hypertension, Foot bath, Blood Pressure Reduction