THE IMPLEMENTATION OF WARM WATER FOOT SOAK THERAPY (HYDROTHERAPY) ON BLOOD PRESSURE IN ELDERLY HYPERTENSION IN THE AMPEL PUBLIC HEALTH CENTER

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ABSTRACT

***Background**: Hypertension is a degenerative disease that often occurs in the elderly and increases the risk of cardiovascular complications. In addition to pharmacological therapy, hypertension can be controlled through non-pharmacological therapies, one of which is warm water foot soak therapy (hydrotherapy).* ***Objective:** To describe the results of warm water foot soak therapy on reducing blood pressure in elderly people with hypertension.* ***Methods:** This study used a descriptive method with a case study approach in two elderly hypertensive patients. The intervention, in the form of warm water foot soak therapy, was given for seven days, and blood pressure measurements were taken before and after the therapy.* ***Results:** The first respondent's blood pressure decreased from 194/92 mmHg to 151/80 mmHg, while the second respondent's blood pressure decreased from 170/101 mmHg to 130/83 mmHg. This decrease in blood pressure occurred because exposure to warm air causes vasodilation of peripheral blood vessels, improves blood circulation, and decreases vascular resistance.* ***Conclusion**: Warm water foot soak therapy (hydrotherapy) is effective in helping lower blood pressure in elderly people with hypertension, making it a simple, safe, and easy-to-implement non-pharmacological therapy at home.*

***Keywords**: Hydrotherapy, Hypertension, Elderly, Warm Water Foot Soak, Blood Pressure*