APPLICATION OF SLOW STROKE BACK MASSAGE USING LAVENDER AROMATHERAPY OIL TO CONTROL BLOOD PRESSURE IN ELDERLY PATIENTS WITH HYPERTENSION IN THE WORKING AREA OF MOJOLANGU PRIMARY HEALTH CENTER

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ABSTRACT

Hypertension is one of the most common health problems among older adults and can increase the risk of serious complications if it is not well controlled. In addition to pharmacological therapy, non-pharmacological therapy is needed as a complementary treatment to help control blood pressure and promote relaxation. One intervention that can be applied is Slow Stroke Back Massage (SSBM) using lavender aromatherapy oil. This study aimed to describe the implementation of gerontological nursing care through the application of SSBM using lavender aromatherapy oil to help control blood pressure in older adults with hypertension at Mojolangu Community Health Center.

The method used in this study was a case study involving one older adult with hypertension, identified as Mrs. S. Nursing care was carried out for three consecutive days, including assessment, nursing diagnosis, intervention planning, implementation of SSBM using lavender aromatherapy oil for 15 minutes once a day, health education, and evaluation.

The results showed an improvement in the client's condition during the nursing care process. Blood pressure gradually decreased from 192/87 mmHg to 108/57 mmHg on the third day. In addition, headache and neck pain decreased, edema was reduced, numbness disappeared, sleep quality improved, and the client's knowledge about hypertension and its management increased.

In conclusion, the application of Slow Stroke Back Massage using lavender aromatherapy oil as a complementary therapy in gerontological nursing care may help control blood pressure, promote relaxation, and reduce physical complaints in older adults with hypertension. However, the reduction in blood pressure may also have been influenced by antihypertensive medication that was started during the nursing care period.

Keywords: Slow Stroke Back Massage, Lavender Aromatherapy Oil, Hypertension, Older Adults.