ABSTRACT

Reza Fawwaz Septian (2026). *Description of Warm Water Foot Soak Therapy Implementation in Elderly Patients with Hypertension in the Working Area of Cisadea Public Health Center, Malang City*. Scientific Paper of Case Study, Diploma III Nursing Program Malang, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Advisor: Dr. Ni Luh Putu Eka Sudiwati, S.Kp., M.Kes.

Hypertension is one of the non-communicable diseases commonly experienced by the elderly and may cause various complications if not properly controlled. One of the non-pharmacological therapies that can be used to help reduce blood pressure is warm water foot soak therapy. This therapy provides a relaxation effect and helps improve blood circulation, thereby assisting in lowering blood pressure in patients with hypertension. The purpose of this study was to describe the implementation of warm water foot soak therapy in elderly patients with hypertension in the working area of Cisadea Public Health Center, Malang City. This study used a descriptive case study method with one research subject. Data were collected through interviews, observations, blood pressure measurements, and documentation. Warm water foot soak therapy was carried out for 7 consecutive days using water at a temperature of 37–40°C for 15–20 minutes. The data were presented in narrative form and observation tables. The results showed that before the therapy was administered, the subject's blood pressure ranged from 140–160 mmHg systolic and 80–90 mmHg diastolic, with the highest blood pressure being 160/90 mmHg. After the warm water foot soak therapy was performed, the subject's blood pressure gradually decreased to 140/80 mmHg. In addition, the subject stated that the body felt more relaxed and comfortable, while complaints of dizziness and stiff shoulders were reduced. The conclusion of this study showed that warm water foot soak therapy can help reduce blood pressure and provide a relaxation effect in elderly patients with hypertension.

Keywords: Hypertension, Elderly, Warm Water Foot Soak Therapy