

ABSTRACT

Blood Pressure Profile in Hypertensive Patients Undergoing Warm Water Foot Soak Therapy in the Work Area of Dinoyo Health Center, Malang City. Revanda Rera Amelia (2025) Final Scientific Paper for Nursing, Nursing Professional Education Study Program, Health Polytechnic, Ministry of Health, Malang. Supervisor Joko Wiyono, S.Kp., Ns., M.Kep., Sp.Kom

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Hypertension is a cardiovascular syndrome characterized by increased arterial blood pressure. In everyday life, people with hypertension need the role of the family in caring for family members with hypertension. Lack of family support will cause ineffective family health management. The purpose of this case study is to determine the blood pressure profile in hypertensive patients who underwent warm water foot soak therapy through the results of nursing care reports. The design of this case study is descriptive analytical in the form of a case study. Based on the results of the case study, it was found that the problem of family health management nursing was ineffective. The intervention given to patients and families focused on 5 indicators of family health management by teaching how to care that can be done by families with non-pharmacological techniques of warm water foot soaks to lower blood pressure. The final evaluation of the family experienced an increase in knowledge, skills and motivation to improve the health status of the family which showed an increase in strong motivation towards a better direction in implementing a healthy lifestyle to improve the health status of the family, especially in preventing increased blood pressure and more serious complications to health. It is hoped that non-pharmacological actions of warm water foot soaks can be one of the options in lowering blood pressure in families with hypertension through the health center program.