

ABSTRACT

The administration of warm foot soak hydrotherapy on discomfort caused by physiological edema in third trimester pregnant women. Diva Calista Pramata Putri (2025) Final Scientific Work of a Nurse, Professional Nurse Education Study Program, Department of Nursing, Malang State Health Polytechnic. Academic Supervisor by Eko Sari Wahyuni, S.Kep.,Ns.,M.Kep

Foot swelling (oedema) is commonly found in some pregnant women in their third trimester and can cause discomfort that interferes with daily activities. The swelling is caused by hormonal changes, particularly an increase in estrogen, which triggers fluid retention. This is marked by the enlarging uterus as the fetus grows, which in turn impedes venous return. The aim of this scientific paper is to provide nursing care for Mrs.D G2P1Ab0 in her third trimester, who is experiencing discomfort. A case study method was used to explore the nursing care provided to Mrs.D G2P1Ab0 in her third trimester with discomfort issues at Wagir Public Health Center. Assessment revealed physiological edema in both lower extremities (grade 2), with a capillary refill time (CRT) of more than 3 seconds, leading to a nursing diagnosis of discomfort. The patient was then given an intervention in the form of a warm water foot soak once daily for 15 minutes over three sessions. The conclusion drawn from this intervention is that warm water foot soaking can reduce the degree of edema and provide a relaxing effect for the patient. This scientific paper is expected to provide additional information regarding non-pharmacological management of foot oedema in pregnant women.

Keywords : Pregnancy, Discomfort, Oedema, Warm Water Soak