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## **BLOOD PRESSURE PROFILE WITH FOOT MASSAGE THERAPY IN HYPERTENSION PATIENTS**

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### **ABSTRAC**

Health problems related to increased blood pressure that occurs in people with hypertension are still often experienced by the community. Increased blood pressure is characterized by systolic blood pressure values  $>140$  mmHg and/or diastolic blood pressure  $>90$  mmHg. Complementary therapy that can be used to lower blood pressure is one of them is foot massage. The aim of this study was to determine the blood pressure profile by providing foot massage therapy to hypertension patients. This research uses a case study design by applying it in nursing care. The case studied was a family with hypertension. Data collection using interviews, observation and physical examinations. The results of the study showed that families lack care/treatment for hypertension patients, families do not utilize existing health facilities, and eating patterns are incorrect due to lack of support from the family. The diagnosis found that family health management was ineffective, the intervention used was foot massage therapy, implemented for 4x/2 weeks. Blood pressure evaluation results improved, family health management improved. It is recommended that in order to support family health, support must be provided between families regarding the care and treatment of sick family members, use existing health facilities, and regulate proper eating patterns.

**Keywords:** Blood Pressure, Foot Massage, Family Health Management Ineffective