

ABSTRAK

Penerapan Terapi Rendam Kaki Air Hangat dan Rebusan Serei Untuk Menurunkan Tekanan Darah Pada Ibu Hamil Hipertensi

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Hipertensi pada kehamilan merupakan salah satu penyebab kesakitan dan kematian pada ibu hamil. Penanganan nonfarmakologis untuk menurunkan hipertensi ibu hamil diantaranya adalah terapi rendam kaki air hangat dan rebusan serai. Studi kasus ini bertujuan untuk menggambarkan penerapan terapi rendam kaki air hangat dan rebusan serai untuk menurunkan tekanan darah pada ibu hamil hipertensi. Metode karya tulis ilmiah ini adalah studi kasus pada dua ibu hamil trimester II dan III yang mengalami hipertensi. Instrument penelitian untuk mengukur tekanan darah menggunakan *sphygmomanometer* digital dan lembar observasi tekanan darah. Intervensi dilakukan selama 3 kali kunjungan rumah. Hasil studi kasus menunjukkan Ibu hamil pertama sebelum dilakukan terapi rendam kaki air hangat dan rebusan serai tekanan darah 150/100 mmHg menjadi 130/86 mmHg, sedangkan ibu hamil kedua sebelum dilakukan terapi rendam kaki air hangat dan rebusan serai tekanan darah 155/98 mmHg menjadi 134/85 mmHg. Simpulannya adalah terapi rendam kaki air hangat dan rebusan serai dapat menurunkan tekanan darah pada ibu hamil hipertensi trimester II dan III. Saran bagi tenaga kesehatan diharapkan dapat menerapkan terapi rendam kaki air hangat dan rebusan serai pada ibu hamil yang mengalami hipertensi.

Kata Kunci: *hipertensi, ibu hamil trimester II dan III, rendam kaki air hangat, rebusan serai.*

ABSTRAK

The Application of Warm Water Foot Soaks and Lemongrass Decoction to Reduce Blood Pressure in Hypertensive Pregnant Women

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Hypertension during pregnancy is a major contributor to maternal morbidity and mortality. Non-pharmacological approaches, such as warm water and lemongrass decoction foot soaks are increasingly considered as complementary interventions for managing blood pressure in pregnant women. This case study aims to describe the application of warm water and lemongrass decoction foot soaks in reducing blood pressure in hypertensive pregnant women. The study employed a case study design involving two pregnant women in their second and third trimesters who experienced hypertension. Blood pressure was measured using a digital sphygmomanometer and recorded on a blood pressure observation sheet. The intervention was carried out during three home visits. In the first case, the pregnant woman's blood pressure decreased from 150/100 mmHg to 130/86 mmHg following the therapy. In the second case, the pregnant woman's blood pressure dropped from 155/98 mmHg to 134/85 mmHg. The combination of warm water and lemongrass decoction foot soaks could be effective in reducing blood pressure in hypertensive pregnant women in the second and third trimesters. Healthcare providers are encouraged to consider these interventions as part of supportive care for pregnant women with hypertension.

Keywords: *hypertension, second and third trimester pregnant women, warm water foot soak, lemongrass decoction*