

## **ABSTRACT**

### **THE IMPLEMENTATION OF FOOT MASSAGE TO PATIENTS WITH PREECLAMPSIA POST SECTIO CAESAREA AT AYYUB WARD OF ROEMANI MUHAMMADIYAH HOSPITAL, SEMARANG**

Kurnia Diah Pratiwi Mahardika<sup>1</sup>, Ratnawati Ratnawati<sup>1\*</sup>, Rosikhah Rosikhah<sup>2</sup>

1. Nursing Department, University of Muhammadiyah Pekajangan Pekalongan
2. Roemani Muhammadiyah Hospital, Semarang

**Introduction:** Severe preeclampsia can cause maternal morbidity and mortality if it is not treated appropriately. The non-pharmacological treatment of foot massage therapy can be an alternative option to reduce blood pressure, relieve pain as well as anxiety, and improve blood flow. This study aimed to determine the effect of implementing foot massage therapy to reducing blood pressure in mothers with preeclampsia.

**Methods:** This research was a case study of a post Sectio Caesarea (SC) mother with preeclampsia at Ayyub Ward of Roemani Muhammadiyah Hospital, Semarang. The intervention being implemented were foot massage therapy to reduce blood pressure and breast care to optimize breast milk production as well as treat the flat nipples.

**Results:** The findings unveiled that there was an effect on foot massage therapy in reducing blood pressure in post SC mothers with preeclampsia where the systolic pressure were 130 mmHg on the first day and 121 mmHg on the third day, while the diastolic were 89 mmHg on the first day and 82 mmHg on the third day.

**Conclusion:** There was a positive effect of implementing foot massage therapy to reduce blood pressure in the patient. It is expected that the hospital can provide nursing care to postpartum mothers by providing non-pharmacological therapy in the form of foot massage to reduce blood pressure in post SC mothers with preeclampsia.

**Keywords:** *Foot massage, Preeclampsia, Sectio Caesarea*