

**Implementasi Terapi Rendam Kaki Air Hangat Terhadap Penurunan
Tekanan Darah Pada Ibu Hamil Preeklampsia Di
RSIA Sitti Khadijah I Cabang Makassar**

M u t i a r a
Tahun 2025

Program Studi Diploma III Keperawatan
Fakultas Kedokteran Dan Ilmu Kesehatan
Universitas Muhammadiyah Makassar

Dr.Sitti Zakiyyah Putri, S.ST., M.Kes
Sitti Maryam Bachtiar, S.Kep.,Ns.,M.Kep

ABSTRAK

Latar Belakang: Preeklampsia adalah komplikasi kehamilan yang ditandai peningkatan tekanan darah dan membahayakan ibu maupun janin. Terapi rendam kaki air hangat secara nonfarmakologis dapat membantu menurunkan tekanan darah melalui relaksasi dan peningkatan sirkulasi. **Tujuan:** Mengetahui implementasi terapi rendam kaki air hangat terhadap penurunan tekanan darah pada ibu hamil dengan preeklampsia. **Metode:** Studi kasus deskriptif pada dua ibu hamil di RSIA Sitti Khadijah. Intervensi dilakukan selama 15 menit selama tiga hari berturut-turut. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik. **Hasil:** Tekanan darah subjek I turun dari 154/101 mmHg menjadi 127/76 mmHg, dan subjek II dari 174/156 mmHg menjadi 137/88 mmHg. Terdapat peningkatan perfusi perifer dan penurunan edema. **Kesimpulan:** Terapi rendam kaki air hangat efektif menurunkan tekanan darah dan dapat diterapkan sebagai intervensi nonfarmakologis. **Saran:** Terapi ini dapat dilaksanakan di lahan praktik dengan dukungan keluarga, serta menjadi referensi edukatif bagi mahasiswa dan tenaga keperawatan.

Kata Kunci: Preeklampsia, Ibu hamil, Rendam Kaki Air Hangat

Implementation of Warm Foot Soak Therapy to Reduce Blood Pressure in Pregnant Women with Preeclampsia at RSIA Sitti Khadijah I Branch Makassar

M u t i a r a

Year 2025

Diploma III Nursing Study Program
Faculty of Medicine and Health Sciences
Universitas Muhammadiyah Makassar

Dr.Sitti Zakiyyah Putri, S.ST., M.Kes
Sitti Maryam Bachtiar, S.Kep., Ns., M.Kep

ABSTRACT

Background: Preeclampsia is a pregnancy complication characterized by elevated blood pressure and poses risks to both mother and fetus. Warm foot soak therapy is a non-pharmacological intervention that may help lower blood pressure through relaxation and improved peripheral circulation. **Objective:** To determine the implementation of warm foot soak therapy in reducing blood pressure in pregnant women with preeclampsia. **Method:** This descriptive case study involved two pregnant women with preeclampsia at RSIA Sitti Khadijah. The intervention was carried out for 15 minutes over three consecutive days. Data were collected through interviews, observations, and physical examinations. **Results:** The blood pressure of Subject I decreased from 154/101 mmHg to 127/76 mmHg, and Subject II from 174/156 mmHg to 137/88 mmHg. There was also improvement in peripheral perfusion and a reduction in edema. **Conclusion:** Warm foot soak therapy is effective in reducing blood pressure and can be applied as a non-pharmacological intervention. **Suggestion:** This therapy can be implemented in clinical practice with family involvement and used as an educational reference for nursing students and health professionals.

Keywords: Preeclampsia, Pregnant women, Warm foot soak therapy