

Asuhan Keperawatan pada Keluarga dengan Hipertensi Melalui Penerapan Rendam Kaki Air Hangat Rebusan Jahe dan Slow Deep Breathing terhadap Penurunan Tekanan Darah = Nursing Care for Families with Hypertension Through the Application of Warm Water Foot Soak with Boiled Ginger and Slow Deep Breathing to Reduce Blood Pressure

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Abstrak

Tekanan darah tinggi atau hipertensi dikenal sebagai silent killer di Indonesia. Salah satu cara mengontrol tekanan darah adalah mengurangi faktor risiko yang menyebabkan peningkatan tekanan darah, salah satunya pengelolaan stress. Stress dapat diatasi dengan aplikasi panas dan teknik relaksasi. Kombinasi rendam kaki air rebusan jahe dan slow deep breathing dapat menurunkan tekanan darah pada pasien hipertensi. Intervensi dilakukan selama 6 kali dalam 2 minggu yang dibagi menjadi 3 hari dalam seminggu selama 15 menit. Hasil penelitian menunjukkan penurunan tekanan darah sistolik sebesar 38 mmHg dari 160 mmHg menjadi 116 mmHg dengan rerata penurunan sebesar 6,3 mmHg. Sedangkan, penurunan tekanan darah diastolik sebesar 26 mmHg dari 94 mmHg menjadi 78 mmHg dengan rerata penurunan sebesar 4,3 mmHg. Faktor keberhasilan penurunan tekanan darah pada klien didukung oleh faktor lainnya. Saran terkait hasil studi kasus ini, penelitian selanjutnya dapat dilakukan dengan waktu intervensi yang lebih lama, serta memperhatikan faktor pendukung lainnya seperti pola makan, aktivitas fisik, kepatuhan obat, faktor lingkungan, dan tingkat keparahan hipertensi klien.

.....High blood pressure or hypertension is known as a silent killer in Indonesia. One of the techniques for controlling blood pressure is to reduce the risk factors that cause increased blood pressure, one of which is stress management. Stress can be managed by applying heat and relaxation techniques. The combination of soaking feet in boiled ginger water and deep breathing can slowly lower blood pressure in hypertensive patients. The intervention was carried out 6 times in 2 weeks which was divided into 3 days a week for 15 minutes. The results showed a decrease in systolic blood pressure of 38 mmHg from 160 mmHg to 116 mmHg with an average decrease of 6.3 mmHg. While the decrease in diastolic blood pressure was 26 mmHg from 94 mmHg to 78 mmHg with an average decrease of 4.3 mmHg. The success factor in lowering blood pressure in clients is supported by other factors, such as the starting point of hypertension classification in clients, diet, physical activity, medication compliance, environmental factors, and time factors for implementing the intervention. Suggestions related to the results of this case study, further research can be carried out with a longer time intervention, as well as considering other supporting factors such as diet, physical activity, drug availability, environmental factors, and the severity of the client's hypertension.