

Nursing Care For Preeclampsia in Pregnant Women With Warm Water Foot Bath Hydrotherapy Interventions

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ABSTRACT

Preeclampsia is an increase in blood pressure which is usually one of the complications experienced by pregnant women, the accumulation of fluid in one of the tissues, hydrotherapy action is very suitable for use because it is more practical so that it can be done independently and does not have dangerous side effects, The purpose in this study is to be able to carry out nursing care comprehensively with pain clients with hydrotherapy soak using warm water The method of research is descriptive case study method, by managing one client using the nursing process approach. The resultse in the study The implementatin of the implementation was carried out for 3 days, with the provision of hydrotherapy soaking the feet using warm water very effectively given to clients with preeclampsia and complaining of pain The conclusion is that hydrotherapy using warm water is very effective given to pregnant women so that it can reduce the pain felt.

INTRODUCTION

Preeclampsia is an increase in blood pressure which is usually one of the complications experienced by mothers who are pregnant, there is a buildup of fluid in one of the tissues (Asadi et al., 2023).

Preeclampsia usually appears when the client is pregnant, this is characterized by increased blood pressure, the presence of proteinurine, if left untreated it can lead to complications up to a coma client (Srinayanti et al., 2023).

Several cases obtained from WHO per year report that 585,000 mothers die with 58.1% caused by preeclampsia, with West Java having the highest case of death and an increase in 2023 with 745 deaths, with 96 live births per 10,000 (Nurapandi et al., 2022).

Many ways have been developed to overcome preeclampsia, one of which is by providing non-pharmacological treatment, namely hydrotherapy by immersing the feet in warm water, this can improve circulation so as to provide a sense of relaxation to the client (Kuswantoro, 2022); (Noviati et al., 2023).

Hydrotherapy foot soak uses warm water with a temperature concentration of 30-40 °C, the action of hydrotherapy is very suitable for use because it is more practical so that it can be done independently and has no harmful side effects, safe to be given to pregnant women with preeclampsia, the relaxing effect that is given can calm the client's heart so that he does not feel stressed and increase the positive effects that exist in the client (Aryani & Zayani, 2020).

Types of hydrotherapy consist of compressing the feet, bathing them, and soaking them in warm water. Hydrotherapy, in which the feet are immersed in warm water, is considered more efficient and easier for hypertensive patients. increases, the body relaxes and warms up. It can lower blood pressure and have a positive effect (Aryani, 2020).

METHOD

The method of writing KIAN uses a case study method with a comprehensive approach. Data collection techniques are carried out by interviews, observations, physical examinations, document studies, and literature studies. The respondent of

this study is Mrs. L, the client is a pregnant woman suffering from high blood pressure aged 25 years and this is her first pregnancy (Sholekha et al., 2021).

Nursing care provided to clients with preeclampsia was carried out for 3x meetings, namely on June 8 to 10, 2023 by performing warm water foot soak hydrotherapy interventions (Susanti et al., 2023).

RESULTS AND DISCUSSION

A. Assessment

The first stage in preeclampsia nursing care in pregnant women is assessment. At the time of the assessment the patient was very cooperative so that the author did not experience any obstacles. From the results of the assessment to Mrs. L, 25 years old, it was found that the client had preeclampsia where the client's blood pressure was always high.

The results of the assessment conducted by the author on Mrs. L The client said that she often felt dizzy, sometimes sick or sore in the back, at night the client had difficulty sleeping and the client felt anxious because every time she checked her blood pressure was high. the client said she had never experienced high blood pressure before. There is a history of the same disease felt by the family, namely hypertension.

The results of the TTV assessment (vital signs) found the client's blood pressure 140/90 mmHg, respiration 20x / min, pulse 87x / min, and temperature 36°C. there was an increase in body weight (BB) before pregnancy 70 kg when during this pregnancy 76 kg, (TB) 150 cm, (LILA) 34 cm, abdominal circumference (LP) 112 cm, chest circumference (LD) 100 cm.

Based on the assessment obtained in pregnant women with preeclampsia, complaints that arise include clients often feeling dizzy, pain in the waist or back, and at night the client has difficulty sleeping due to anxiety because every time they check their blood pressure is always high.

B. Nursing Diagnosis

Based on the results of the anamnesis, the author enforces the diagnosis, namely anxiety associated with lack of exposure to information (D. 0080). and acute pain associated with physiological injury agents (D. 0074). In this case, it was found that the client complained of insomnia at night because he thought of his high blood pressure, characterized by the client's blood pressure at the time of the assessment, which was 140/90 mmHg.

C. Nursing Intervention

From the results of the assessment conducted by the author to Mrs. L in accordance with the diagnosis raised by the author, the author conducts nursing planning according to client needs.

One of the interventions that will be calibrated is warm water hydrotherapy on the feet, with the modality used is warm water, the effect given is to dilate the blood vessels so that the blood cycle can increase (Muin, 2021).

Warm water hydrotherapy is carried out with the procedure, namely 10 minutes after and before and whether there is a decrease or not. Warm water foot bath hydrotherapy is carried out for 15-20 minutes.

D. Nursing Implementation

Implementation carried out by the author for 3 days for 30-40 minutes. The first meeting the author conducted an assessment to obtain data ranging from interviews, observations, and conducting blood pressure checks. Implementation of implementation was carried out for 3 days, with the provision of hydrotherapy soaking the feet with hangan water with a duration of 15-20 minutes. The author checks blood pressure before and after giving therapy in a 10-minute time frame.

Tabel 1.1 observation of the implementation of warm water hydrotherapy

Day	Before	After
08 juni 2023	150/90 mmHg	150/80 mmHg
09 juni 2023	150/80 mmHg	140/80 mmHg
10 juni 2023	140/80 mmHg	130/80 mmHg

E. Nursing Evaluation

1. Thursday, June 08, 2023

The client said he still felt anxious because his blood pressure was still high, blood pressure 150/80 mmHg. So that it can be formulated for the problem has not been resolved and continued the intervention of hydrotherapy foot soak using warm water.

2. Friday, June 09, 2023

Evaluation of the second day at 10.50 WIB, the client said anxiety had decreased slightly and blood pressure had decreased. Previously 150/80 mmHg to 140/80 mmHg.

3. Saturday, June 10, 2023

Evaluation of the third day at 10:55 WIB obtained the results of the client saying he felt better than before, the client felt calm after knowing his blood pressure decreased from 140/80 mmHg to 130/80 mmHg.

CONCLUSIONS AND RECOMMENDATIONS

A. Summary

The results obtained decreased the client's blood pressure which on the first day the client's blood pressure was 150/90 mmHg after being given an intervention for 3 days decreased to 130/80 mmHg.

The interventions carried out focus more on providing therapy to pregnant women suffering from preeclampsia by soaking the feet using warm water so that it can reduce BP, so that after the intervention is given the client says

more relaxed and comfortable, headaches decrease, sleep improves and blood pressure decreases.

B. Suggestions

1. For Educational Institutions
It is expected to be used as material for the implementation of education and input and comparison for further assessment of the effect of hydrotherapy on reducing blood pressure in pregnant women.
2. For the Nursing Profession
It is expected to be a reference and can increase motivation for nursing personnel, especially in the implementation of nursing care for preeclampsia pregnant women with warm water foot bath interventions.
3. For the client
It is hoped that clients can live a healthy lifestyle, especially in doing warm water hydrotherapy independently based on the awareness of Mrs. L herself to stabilize blood pressure.
4. For researchers
It is hoped that it can be continued for further researchers with hydrotherapy interventions to lower blood pressure using warm water in hypertensive patients. Especially pregnant women.

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