

A study to assess the effectiveness of foot bath technique on blood pressure among patients with hypertension in Narayana Medical College Hospital at Nellore

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Abstract: Non communicable chronic diseases are the silent epidemic of the 21st century. It is the major cause of mortality and disability across the world through they are preventable and manageable with early detection and correct treatment protocol and through simple life style modifications. **Aim:** A study to assess the effectiveness of Foot bath technique on blood pressure among patients with Hypertension. The study was conducted at Narayana Medical college hospital, Nellore by using a descriptive cross sectional design. **Materials and Methods:** 60 CABG patients were selected by Convenience sampling technique, interview method was used to collect data. **Setting and Design:** The data was organized, tabulated, analyzed and interpreted by using descriptive statistics and inferential statistics. **Results:** The study shows that there is statistically significant reduction of blood pressure level among hypertensive clients with the application of foot bath technique.

Key words : Foot bath technique, blood pressure, hypertension