

# **PENERAPAN INTERVENSI *WATER TEPID SPONGE* TERHADAP PENURUNAN SUHU TUBUH AN. N DENGAN DEMAM TIFOID DI RSUD BANTUL**

## **INTISARI**

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Latar Belakang: Hipertermi merupakan suhu tubuh yang melebihi 37,5°C. Penatalaksanaan secara nonfarmakologi salah satunya dengan *water tepid sponge*. Tujuan Penelitian: Menerapkan intervensi terapi *water tepid sponge* terhadap penurunan suhu tubuh pada anak balita yang mengalami hipertermi di RSUD Bantul.

Metode Penelitian: Penelitian ini menggunakan desain studi kasus dengan pendekatan asuhan keperawatan. Subjek yang digunakan adalah 1 orang anak yang mengalami demam.

Hasil Penelitian: Hasil intervensi menunjukkan An.N usia 5 tahun dengan diagnose febris H6. Suhu An.N sebelum diberikan intervensi 38,2°C dan 38,6°C, setelah diberikan intervensi *water tepid sponge* suhu tubuhnya menjadi 36,8°C dan 37,8°C yang berarti bahwa rata-rata penurunan suhu tubuh pada An.N yaitu 0,8°C sampai dengan 1,4°C.

Kesimpulan: Penerapan intervensi *water tepid sponge* pada An.N menunjukkan hasil bahwa terdapat pengaruh pemberian *water tepid sponge* terhadap penurunan suhu tubuh anak. Saat pemberian intervensi tetap memperhatikan lama waktu pemberian dan suhu air yang digunakan sehingga pasien tidak mengalami hipotermi akibat pemberian *water tepid sponge*.

Kata kunci: *water tepid sponge*, hipertermi, anak

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# APPLICATION OF WATER TEPID SPONGE INTERVENTION TO DECREASING BODY TEMPERATURE AN.N WITH TYFOID FEVER IN BANTUL HOSPITAL

## ABSTRACT

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**Background:** Hyperthermia is a body temperature that exceeds 37,5°C. One of the non pharmacological management is with water tepid sponge.

**Research Objectives:** Applying a water tepid sponge therapy intervention to decrease body temperature in children under five who experience hyperthermia in Bantul Hospital.

**Research Method:** This study uses a case study design with a nurshing care approach. The subject used was one child who had a fever.

**Research Result:** The result of the intervention showed An.N aged 5 years with a diagnosis of H6 febrile. An.N temperature before being given the intervention was 38,2°C and 38,6°C, after being given the water tepid sponge intervention his body temperature was 36,8°C and 37,8°C which means that the average decrease in body temperature in An.N was 0.8°C to 1,4°C.

**Conclusion:** The application of the water tepid sponge intervention to An,N showed the result that there was an effect of giving the water tepid sponge on decreasing the child's body temperature. When administering the intervention, ay attention to the length of time given and the temperature of the water used to that the patient does not experience hypothermia as a result of giving a water tepid sponge.

Keywords: water tepid sponge, hyperthermia, children

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