

PENERAPAN TERAPI RENDAM KAKI AIR HANGAT DALAM TATALAKSANA PENURUNAN SUHU TUBUH ANAK USIA SEKOLAH DI RUANG IBNU SINA RS PKU MUHAMMADIYAH KOTA YOGYAKARTA

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ABSTRAK

Latar Belakang : Anak usia sekolah (6–12 tahun) termasuk kelompok rentan terhadap infeksi akibat meningkatnya interaksi sosial dan paparan lingkungan. Kondisi hipertermia sering muncul pada kelompok ini dan dapat berdampak pada aktivitas serta kenyamanan anak. Penanganan demam umumnya dilakukan dengan terapi farmakologis menggunakan antipiretik, namun metode nonfarmakologis seperti rendam kaki air hangat juga terbukti efektif. Terapi ini bekerja melalui mekanisme vasodilatasi perifer yang mempercepat pelepasan panas dari tubuh sehingga dapat menurunkan suhu tubuh secara signifikan.

Tujuan : Mengetahui pengaruh terapi rendam kaki air hangat dalam menurunkan suhu tubuh pada anak usia sekolah yang mengalami hipertermia di RS PKU Muhammadiyah Kota Yogyakarta.

Metode : Penelitian ini menggunakan pendekatan observasional dengan pengukuran suhu tubuh sebelum dan sesudah terapi. Prosedur dilakukan dengan merendam kaki anak dalam air bersuhu 39–40°C selama 15 menit, diikuti observasi perubahan suhu tubuh menggunakan termometer digital. Data tambahan diperoleh melalui wawancara dengan keluarga pasien dan dokumentasi rekam medis.

Hasil : Sebelum dilakukan terapi, suhu tubuh anak tercatat 38,6°C. Setelah 15 menit perendaman, suhu tubuh menurun menjadi 37,5°C, dan pada hari kedua tercatat kembali turun menjadi 36,4°C. Pasien tampak lebih tenang, sedangkan keluarga merasa lebih rileks setelah melihat kondisi anak membaik.

Kesimpulan : Terapi rendam kaki air hangat efektif menurunkan suhu tubuh pada anak usia sekolah dengan hipertermia. Metode ini dapat digunakan sebagai intervensi nonfarmakologis pendamping pemberian antipiretik dalam penatalaksanaan demam anak.

Kata Kunci : Rendam kaki air hangat, Hipertermia, Anak Sekolah

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**CASE STUDY: APPLICATION OF WARM WATER FOOT BATH THERAPY IN
THE MANAGEMENT OF ELEVATED BODY TEMPERATURE AMONG
SCHOOL-AGED CHILDREN IN IBNU SINA WARD, RS PKU
MUHAMMADIYAH YOGYAKARTA**

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ABSTRACT

Background : School-aged children (6–12 years) are particularly vulnerable to infection due to increased peer interactions and environmental exposure. Fever—a common manifestation of infection—is frequently managed with antipyretic drugs. However, non-pharmacological methods like warm water foot baths offer a gentle, cost-effective alternative. This therapy promotes peripheral vasodilation and heat conduction, facilitating rapid cooling of body temperature and improving patient comfort, without the side effects of medication.

Objective : To determine the effectiveness of warm water foot bath therapy in reducing elevated body temperature in school-aged children presenting with fever at RS PKU Muhammadiyah Yogyakarta.

Method : A case observational study was conducted in the Ibnu Sina Ward using direct observation, serial temperature measurements via digital thermometers, structured interviews with caregivers and healthcare staff, and review of patient medical records. Children with fever received warm water foot baths at 39–40 °C for 15 minutes. Temperature readings were taken before and after treatment for evaluation.

Results : The intervention demonstrated a noticeable temperature reduction—from 38.6 °C to 37.5 °C after the first session, and further to 36.4 °C on the second day. Patients exhibited tranquility during treatment, and their caregivers reported relief and satisfaction with the process.

Conclusion : Warm water foot bath therapy is an effective non-pharmacological intervention for reducing fever in school-aged children. It can serve as a complementary therapy alongside standard antipyretic treatment. Its application in pediatric fever protocols is recommended to enhance treatment comfort and efficacy.

Keywords : Warm water foot bath, Fever, School-Aged Children

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