

# PENERAPAN KOMPRES *ALOE VERA* PADA ANAK DENGAN KEJANG DEMAM DI BANGSAL MENOREH KIDUL RSUD WATES

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## INTISARI

**Latar Belakang:** Kondisi disebut demam jika suhu tubuh mencapai  $\geq 38^{\circ}\text{C}$ . Salah satu langkah non farmakologi untuk menurunkan demam yaitu dengan kompres *Aloe Vera*. Kompres *Aloe Vera* ini direkomendasikan karena sebagian besar kandungannya terdiri dari air.

**Tujuan:** Mengetahui keefektifan penerapan kompres *Aloe Vera* dapat menurunkan demam bagi anak di RSUD Wates.

**Metode:** Penulis menggunakan metode penelitian studi kasus dengan teknik pengumpulan data observasi-partisipatif, pengamatan dan turut serta dalam melakukan tindakan pelayanan keperawatan. Pemilihan kasus dalam penelitian ini didasarkan pada kriteria anak yang mengalami demam dengan suhu tubuh di atas ambang normal ( $\geq 37,5^{\circ}\text{C}$ ) dan memerlukan intervensi kompres sebagai bagian dari tindakan keperawatan.

**Hasil:** Setelah pemberian tindakan kompres *Aloe Vera*, terdapat perubahan suhu tubuh pada An.K yaitu, sebelum diberikan intervensi suhu tubuh  $38,4^{\circ}\text{C}$  dan setelah diberikan intervensi selama dua hari menurun menjadi  $36,8^{\circ}\text{C}$ . Dapat disimpulkan bahwa masalah hipertermia dapat teratasi.

**Kesimpulan:** Kompres *Aloe Vera* terbukti efektif sebagai alternatif dalam menurunkan demam pada balita.

**Kata Kunci:** Anak, Kompres *Aloe Vera*, Demam

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## Application of Aloe Vera Compress on Children with Febrile Seizures in Menoreh Kidul Ward, Wates Regional Hospital

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### ABSTRACT

**Background:** A condition is classified as a fever when body temperature reaches  $\geq 38^{\circ}\text{C}$ . One non-pharmacological approach to reducing fever is applying an Aloe Vera compress. This method is recommended because the majority of Aloe Vera's content consists of water.

**Objective:** Determining the effectiveness of Aloe Vera compress application in reducing fever in children at RSUD Wates.

**Methods:** The author used a case study research method with data collection techniques including participatory observation, direct observation, and involvement in nursing care interventions. Case selection in this study was based on the criteria of children experiencing fever with a body temperature above the normal threshold ( $\geq 37.5^{\circ}\text{C}$ ) and requiring a compress intervention as part of nursing care.

**Results:** After applying the Aloe Vera compress, there was a change in body temperature in An.K. Before the intervention, the body temperature was  $38.4^{\circ}\text{C}$ , and after two days of intervention, it decreased to  $36.8^{\circ}\text{C}$ . It can be concluded that the hyperthermia issue was resolved.

**Conclusion:** Aloe Vera compresses have been proven effective as an alternative method to reduce fever in toddlers.

**Keywords:** Children, Aloe Vera Compress, Fever

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