

# TERAPI KOMPRES HANGAT UNTUK MENURUNKAN SUHU TUBUH PADA ANAK DENGAN HIPERTERMIA DI BANGSAL ANGGREK RSUD KOTA YOGYAKARTA

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## INTISARI

**Latar Belakang :** Hipertermia merupakan peningkatan suhu tubuh di atas 37,5°C. Penyebab penyakit ini seperti infeksi saluran kemih, gastroenteritis, demam tifoid, demam berdarah, pneumonia, bronchitis, dan tuberkolosis. Jika demam tidak ditangani dengan cepat dapat berisiko terjadinya degradasi, kekurangan oksigen, demam melebihi 42°C, kejang demam, hingga dapat muncul kematian.

**Tujuan :** Untuk mengevaluasi efektifitas terapi kompres hangat dalam menurunkan demam pada anak yang mengalami hipertermia.

**Metode :** Penelitian ini menggunakan metode observasi partisipatif. Data didapatkan wawancara keluarga dan rekam medis, penulis mengimplementasikan terapi kompres hangat sesuai SOP selama 2 hari.

**Hasil :** Hari pertama tanggal 24 Desember 2024 didapatkan hasil penurunan suhu tubuh 36,3°C, kemudian dihari kedua tanggal 25 Desember 2024 sesudah diberikan kompres hangat didapatkan hasil suhu tubuh 37,2°C. Intervensi kompres hangat secara berkala selama dua hari suhu tubuh membaik dan ibu An. I mengatakan anaknya sudah tidak demam.

**Kesimpulan :** Adanya pengaruh pemberian kompres hangat terhadap penurunan suhu tubuh pada pasien demam.

Kata Kunci : Kompres Hangat, Hipertermia, Bayi

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**WARM COMPRESS THERAPY TO LOWER BODY TEMPERATURE IN  
CHILDREN WITH HYPERTHERMIA IN THE ORCHID WARD OF  
YOGYAKARTA CITY HOSPITAL**

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**ABSTRACT**

**Background :** Hyperthermia is an increase in body temperature above 37.5°C. Causes of this disease include urinary tract infections, gastroenteritis, typhoid fever, dengue fever, pneumonia, bronchitis, and tuberculosis. If fever is not treated quickly, there is a risk of degradation, lack of oxygen, fever exceeding 42°C, febrile seizures, and even death.

**Objective :** To evaluate the effectiveness of warm compress therapy in reducing fever in children with hyperthermia.

**Research Method :** This study used a participatory observation method. Data were obtained from family interviews and medical records, the author implemented warm compress therapy according to SOP for 2 days.

**Results :** On the first day, December 24, 2024, the body temperature decreased to 36.3°C, then on the second day, December 25, 2024, after a warm compress was given, the body temperature was 37.2°C. Periodic warm compress intervention for two days resulted in improved body temperature and Mrs. An. I said that her child no longer had a fever.

**Conclusion :** The effect of giving warm compresses on reducing body temperature in fever patients.

**Keywords:** Warm Compress, Hyperthermia, Baby

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