

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI DIII KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah, Juni 2025
Zainur Ridho

Penerapan Kompres Hangat sebagai Penatalaksanaan *Hipertermia* pada anak dengan Demam *Typhoid* di Rumah Sakit Baladhika Husada (DKT) Jember

XIV + 69 Hal + 6 Tabel + 2 Bagan + 11 lampiran

Abstrak

Demam *typhoid* masih menjadi masalah kesehatan yang umum terjadi terutama pada anak-anak dan ditandai dengan gejala hipertermia akibat respon inflamasi tubuh terhadap infeksi bakteri *Salmonella typhi*. Penatalaksanaan hipertermia umumnya menggunakan antipiretik namun intervensi non-farmakologis seperti kompres hangat dinilai efektif dalam membantu menurunkan suhu tubuh. Penelitian ini bertujuan untuk mengevaluasi penerapan kompres hangat sebagai penatalaksanaan hipertermia pada anak dengan demam *typhoid*. Penelitian ini menggunakan desain studi kasus deskriptif dengan subjek satu anak laki-laki usia 8 tahun yang dirawat di RS Baladhika Husada Jember dengan diagnosis demam *typhoid* dan mengalami hipertermia. Data dikumpulkan melalui wawancara, observasi dan pemeriksaan fisik selama tiga hari berturut-turut. Intervensi yang diberikan berupa kompres hangat di area aksila dan dahi menggunakan hot water bag bersuhu 32–34°C selama ± 10 menit tiga kali sehari. Hasil penelitian menunjukkan suhu tubuh pasien sebelum intervensi tercatat 38,4°C. Setelah pemberian kompres hangat, terjadi penurunan suhu tubuh secara bertahap menjadi 37,5°C pada hari pertama, 37,0°C pada hari kedua dan mencapai suhu normal 36,5°C pada hari ketiga. Tanda-tanda lain seperti kulit memerah, pucat, dan akral hangat juga menunjukkan perbaikan klinis. Kompres hangat efektif sebagai intervensi non-farmakologis dalam penatalaksanaan hipertermia pada anak dengan demam *typhoid*. Mekanisme kerja kompres hangat membantu vasodilatasi dan meningkatkan evaporasi, sehingga mendukung proses termoregulasi tubuh. Temuan ini sejalan dengan teori dan penelitian sebelumnya yang menyatakan bahwa kompres hangat dapat menurunkan suhu tubuh secara fisiologis dan aman.

Kata Kunci: *Typhoid*; Hipertermia; Kompres Hangat

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
DIPLOMA III NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Scientific Paper, June 2025

Zainur Ridho

The Application of Warm Compresses as a Management Strategy for Hyperthermia in Children with Typhoid Fever at RS Baladhika Husada (DKT) Jember

XIV + 69 Pages + 6 Tables + 2 Charts + 11 Appendices

Abstract

Typhoid fever remains a common public health issue, particularly in children, and is characterized by hyperthermia as a result of the body's inflammatory response to Salmonella typhi infection. Hyperthermia is typically managed with antipyretic medications; however, non-pharmacological interventions such as warm compresses are considered effective in helping to reduce body temperature. This study aimed to evaluate the application of warm compresses as a management strategy for hyperthermia in children with typhoid fever. The study used a descriptive case study design involving an 8-year-old male child hospitalized at RS Tk.III Baladhika Husada Jember with a diagnosis of typhoid fever and presenting with hyperthermia. Data were collected through interviews, observation and physical examinations over the course of three consecutive days. The intervention involved applying warm compresses to the axillary and forehead areas using a hot water bag at a temperature of 32–34°C for approximately 10 minutes, three times a day. Results showed that the patient's body temperature prior to the intervention was 38.4°C. After the application of warm compresses, the body temperature decreased gradually to 37.5°C on the first day, 37.0°C on the second day, and reached a normal temperature of 36.5°C by the third day. Other clinical signs such as flushed skin, pallor, and warm extremities also improved. Warm compresses proved to be an effective non-pharmacological intervention in managing hyperthermia in children with typhoid fever. The mechanism of action involves promoting vasodilation and increasing evaporative heat loss, thereby supporting the body's thermoregulation process. These findings are consistent with existing theory and prior research indicating that warm compresses can safely and physiologically reduce body temperature.

Keywords: *Typhoid; Hyperthermia; Warm Compresses*