

THE APPLICATION OF WARM COMPRESS THERAPY ON THE NECK TO REDUCE THE INTENSITY OF PAIN ON HYPERTENSION PATIENTS

Tiara Yunita Sari

tiaraysari02@gmail.com

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background; Hypertension is a persistent increase in pressure where the systolic blood pressure is above 140 mmHg and the diastolic pressure is above 90 mmHg. In Indonesia, based on data from Riskedes 2018, the prevalence of hypertension in Indonesia is 34,1%. If you suffer from hypertension, there will be an increase in blood pressure that is more than normal and usually signs and symptoms will appear, sore neck for example. One way to overcome the neck pain scale in hypertensive patients is to use warm compresses. **Purpose;** Describe the results of applying warm compress therapy in reducing pain scale in hypertensive patients. **Method;** This study uses a descriptive research design with a case study approach. Giving warm compresses to hypertensive patients who experience neck pain. This study was conducted once a day for 7 consecutive days. **Results;** From the two respondents, the respondent Tn. J experienced a decrease in the previous pain scale with a scale of 4 after being given therapy to 0. While the second respondent Tn.H experienced a decrease in the previous pain scale with a scale of 5 after being given therapy to 0. There is a decrease in the intensity of a neck pain scale after application of warm compress therapy which is carried out once a day for consecutive days. **Conclusion;** The application of warm compress therapy was able to reduce low back pain in hypertensive patients in Sukoharjo Hamlet, Salatiga City.

Keywords ; Hypertension, neck pain, warm compress