

# APPLICATION OF WARM COMPRESS TECHNIQUE ON THE NECK AGAINST PAIN IN PATIENTS WITH HYPERTENSION IN KELURAHAN SEWU

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## ABSTRACT

**Background:** Hypertension is a condition where blood pressure is higher than the normal limit, namely for systolic  $\geq 140$  mmHg and for diastolic  $\geq 90$  mmHg. People with hypertension are estimated to be 1.28 billion adults aged 30-79 years worldwide. **Objective:** Knowing the results of the implementation of warm compress therapy on the neck to reduce headaches in patients with hypertension. **Method:** This application uses the case study method by observing pain and blood pressure scales on two respondents. The instruments used are pain and blood pressure measurement results sheets and respondent observation sheets. **Results:** After application for 10-15 minutes with a frequency of three days, there was a decrease in the pain scale in both respondents to from a moderate pain scale to a mild pain scale. Both respondents experienced a decrease in blood pressure within the normal range of 120-130/70-90 mmHg. **Conclusion:** Warm compresses can potentially lower pain scales and blood pressure in people with hypertension.

**Keywords:** Hypertension, Pain Scale, Blood Pressure, Warm Compress