

**IMPLEMENTATION OF WARM NECK COMPRESSES TO REDUCE
HEADACHES IN HYPERTENSIVE PATIENTS IN THE TERATAI 3 WARD OF
RSUD KARTINI KARANGANYAR**

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ABSTRACT

Background; Hypertension can manifest with headaches due to increased pressure on blood vessels supplying the brain. A preliminary study in May 2024 at RSUD Kartini Karanganyar, Indonesia, revealed that most hypertensive patients experienced headaches. **Objective;** This case report aims to describe the impact of warm neck compresses on headache severity in hypertensive patients. **Methods;** Two hypertensive patients with headaches received 15-minute warm neck compresses for three consecutive days. Eligible patients were able to communicate verbally and nonverbally, had blood pressure $\geq 140/90$ mmHg, experienced moderate headache (4-6), were male or female with hypertension (single or complicated), and consented to participate. Patients with neck pain, neck injury, or refusal to participate were excluded. **Results;** Both patients experienced a decrease in headache severity following warm neck compresses. Patient 1's score decreased from 5 to 2, while Patient 2's score decreased from 6 to 3. **Summary;** A decline in hypertensive patients with headache symptoms in 2 patients after warm compresses on the neck every 15 minutes for 3 days.

Keywords: Hypertension, headache, warm neck compresses, non-pharmacological therapy, nursing care.