

GIVING WARM COMPRESSES TO REDUCE PAIN IN THE 1st TIME OF LABOR

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SUMMARY

Introduction: Labor pain is a feeling that arises from the contraction (shortening) of the uterine muscles. This contraction causes pain in the waist, abdominal area and radiates to the thighs. If labor pain is not treated immediately, it will increase anxiety, tension, fear, stress. One of the non-pharmacological treatment of labor pain is warm compresses. **Purpose:** to publish the results of research that has been done by previous researchers, namely the effect of giving warm compresses to reduce anxiety and pain during the active phase of labor. **Method:** the method used is to make an output in the form of a pocket book published and to attract public interest in reading. **Result:** This warm compress is applied to the fundus (stomach) or lower back using a bag filled with warm water and places it on the pain area such as the fundus (stomach) or the lower back area in the mother during labor for 20 minutes during the labor process. Giving a warm compress is done with a water temperature of 46.5-51.5 ° C. **Conclusion:** warm compresses that are done are proven effective in reducing labor pain.

Keywords: Labor, Labor Pain, Warm Compress