

WARM COMPRESSES EFFORTS TO OVERCOME NECK PAIN IN HYPERTENSIONS

Bella Kardinawati

Diploma III Nursing Study Program, Faculty of Health Sciences

'Aisyiyah University Surakarta

E-mail : Bellakardina99@gmail.com

ESSENCE

Hypertension is a chronic disease that causes the heart to work harder to circulate blood throughout the body through the blood vessels which can cause neck pain. Neck or nape pain feels tense due to increased pressure on the walls of blood vessels in the neck area resulting in an increase in vesicular pressure to the brain which results in compression of the neck muscle nerve fibers, so that the patient feels pain in the neck. Lack of public knowledge causes the prevalence of hypertensive neck pain to increase. Warm compresses can be used as an alternative tool in controlling hypertensive neck pain non-pharmacologically. Warm compress is done for 7 times a week in a row with a duration of 10-15 minutes. One of the media that can be used in conveying information about neck pain control with warm compresses is a booklet. Booklets can be used to increase public knowledge about neck pain control. because the booklet provides information briefly and densely but includes specific material. It can be concluded that the booklet media can provide knowledge of warm compresses to reduce neck pain in patients with hypertension.

Keywords : Hypertension, Neck Pain, Knowledge, Booklet.