

**APPLICATION OF WARM COMPRESS WITH WARM WATER ZACK
(WWZ) ON PAIN IN DYSPEPSIA SYNDROME PATIENTS
IN BURAN VILLAGE**

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ABSTRACT

Background : Dyspepsia syndrome is a collection of several clinical symptoms consisting of abdominal pain in the upper gastrointestinal tract, complaints of heartburn, flatulence, early satiety, nausea and vomiting. Based on data from the Karanganyar Health Service (Central Java) in 2018 there were 1,168 cases of dyspepsia, & data from the Tasikmadu Health Center explained that there were 591 cases of dyspepsia in 2021. This indicates that dyspepsia cases are a health problem that often occurs in the community. One of the signs of dyspepsia syndrome is pain in the upper gastrointestinal tract. Warm compresses are thought to relieve dyspeptic pain by reducing muscle spasm, stimulating pain, causing vasodilation and increasing blood flow. **Objective:** To describe the results of applying a warm compress with Warm Water Zack (WWZ) against pain. **Method:** The type of application is a case study research that uses a descriptive method. **Result** : There is a decrease in pain scale in Ms. N, which initially experienced a pain scale with a value of 5 after giving a warm compress, changed to 2, meaning that in Nn. There was a significant change in pain scale up to 30%. On Ms. C there is a change in pain scale from 6 to 3 or about 30%. **Conclusion:** There is a decrease in pain scale between before and after the application of warm compresses with Warm Water Zack (WWZ).

Keywords : *Dyspepsia syndrome*, warm compresses, decreased pain scale