

***THE APPLICATION OF WARM WATER COMPRESS AND ALOE VERA
FOR REDUCING BODY TEMPERATURE IN PRESCHOOL CHILDREN
(3-6 YEARS OLD) IN THE CEMPAKA HCU ROOM AT DR. MOEWARDI
REGIONAL GENERAL HOSPITAL***

Putri Oktaviana¹, Eska Dwi Prajayanti², Suciana Ratrinaningsih³

Universitas 'Aisyiyah Sutakarta¹, RSUD Dr. Moewardi²

Putrioktaviana053@gmail.com

ABSTRACT

Background: *Hyperthermia is a common condition experienced by preschool-aged children due to infection or inflammation. If not treated promptly, hyperthermia can lead to serious complications such as dehydration and febrile seizures. One safe and effective non-pharmacological method for reducing body temperature is warm water compresses, which help lower body temperature by increasing heat evaporation from the skin surface and stimulating vasodilation, thereby improving blood circulation.* **Objective:** *This study aims to determine the effectiveness of warm water compresses in reducing body temperature in preschool-aged children with hyperthermia at the HCU Cempaka Room, Dr. Moewardi Regional General Hospital, Surakarta.* **Methods:** *This research employed a descriptive case study design involving two children with hyperthermia. Body temperature was measured before and after applying warm water compresses for 15-20 minutes every 4 hours.* **Results:** *The body temperature of patient An.S decreased from 39.0°C to 36.4°C, and that of An.M decreased from 38.2°C to 36.2°C within 24-48 hours after the intervention.* **Conclusion:** *Warm water compresses have proven to be an effective, safe, and simple non-pharmacological method for lowering body temperature in preschool-aged children.*

Keywords: *Preschool children, Hyperthermia, Warm water compress, Aloe vera.*