

**APPLICATION OF WARM WATER COMPRESS ON
THE NECK TO REDUCE THE SCALE OF HEADACHE
IN HYPERTENSION PATIENTS IN JOYONTAKAN
VILLAGE**

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ABSTRACT

Background: hypertension occurs due to high blood pressure which can cause symptoms of headaches. Headaches appear due to pressure on the blood vessels to the brain which causes pain. Based on a preliminary study in May 2024 in Joyotakan Village, the majority of patients with hypertension complained of headaches.

Objective: Aims to reduce headaches with warm water compresses in hypertensive patients. **Method:** the method of implementing a case study by giving warm water compresses to hypertensive patients experiencing headaches is given every 15 minutes for 3 consecutive days. Folding hypertensive patients who are able to communicate verbally and nonverbally, blood pressure $\geq 140/90$ mmHg, experiencing moderate headaches (4-6). Without folding patients who have neck bone pain, neck injuries, or refuse to be respondents. **Results:** both patients experienced a decrease in headaches after warm water compresses on the neck. Patient one dropped from 4 to 1, the second patient dropped from 4 to 1. **Conclusion:** there was a decrease 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 compress on the neck, non-pharmacological therapy, nursing care