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Penerapan Teknik Tepid Water Sebagai Intervensi Masalah Keperawatan
Hipertermia Pada Anak Demam Di Wilayah Kerja Puskesmas Pantai Cermin

Xi +40 halaman+ 2 Tabel+ 2 Gambar + 5 Lampiran

ABSTRAK

Banyak orang tua masih memberikan obat penurun panas kepada anak meskipun suhu tubuh anak belum terlalu tinggi, bahkan tanpa saran dari tenaga kesehatan. Hal ini dapat menimbulkan efek samping, seperti gangguan hati atau alergi. Data WHO tahun 2022 mencatat ada sekitar 17 juta kasus demam pada anak, dengan 600.000 kematian di dunia, dan 70% kasus terjadi di Asia. Di Indonesia, angka kejadian demam pada anak sebesar 1,5% atau 1.500 kasus per 100.000 penduduk. Salah satu cara yang aman dan mudah dilakukan untuk menurunkan demam adalah teknik *Tepid Water Sponge* (TWS), yaitu mengompres tubuh anak dengan air hangat. Penelitian ini bertujuan untuk menerapkan teknik *tepid water sponge* sebagai intervensi keperawatan pada anak yang mengalami demam di wilayah kerja Puskesmas Pantai Cermin. Metode yang digunakan adalah studi kasus pada dua anak demam yang diberikan tindakan *tepid water sponge* selama ± 15 menit setiap kali suhu tubuh naik, selama tiga hari. Hasil menunjukkan adanya penurunan suhu tubuh yang cukup besar, yaitu antara 1,8°C hingga 3,2°C. Teknik *tepid water sponge* terbukti efektif dan dapat digunakan sebagai perawatan mandiri oleh perawat di pelayanan kesehatan.

Kata Kunci: Anak, Demam, Hipertermia, *Tepid Water Sponge*

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Implementation of Tepid Water Technique as an Intervention for Hyperthermia Nursing Problems in Feverish Children in the Pantai Cermin Health Center Work Area

Xi + 40 page + 2 Table + 2 Figure + 4 Attachment

ABSTRACT

Many parents still give fever-reducing medicine to children even when their body temperature is not too high, often without advice from health workers. This can lead to side effects such as liver problems or allergic reactions. According to WHO data in 2022, there were around 17 million fever cases in children and 600,000 deaths worldwide, with 70% of the cases occurring in Asia. In Indonesia, the prevalence of fever in children is 1.5%, or 1,500 cases per 100,000 people. One simple and safe method to reduce fever is the Tepid Water Sponge (TWS) technique, which involves wiping the child's body with warm water. This study aimed to apply the tepid water sponge technique as a nursing intervention for children with fever in the working area of Pantai Cermin Health Center. A case study was conducted on two children who received tepid water sponge treatment for about 15 minutes every time their temperature increased, for three consecutive days. The results showed a significant decrease in body temperature, ranging from 1.8°C to 3.2°C. The tepid water sponge technique proved effective and can be used as an independent nursing intervention in primary health care.

Keywords: Child, Fever, Hyperthermia, Tepid Water Sponge