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Asuhan Keperawatan pada Anak dengan Demam Tifoid melalui Penerapan *Tepid Water Sponge* untuk Mengatasi Masalah Hipertermi di RSUD Arifin Achmad Provinsi Riau

Xiii + 47 Halaman + 4 Tabel + 6 Lampiran

ABSTRAK

Demam tifoid merupakan penyakit infeksi sistemik yang disebabkan oleh *Salmonella typhi*, dengan gejala utama berupa peningkatan suhu tubuh (hipertermi). Tingginya suhu tubuh pada anak berisiko memicu komplikasi serius seperti kejang demam dan dehidrasi. *Tepid Water Sponge* merupakan intervensi non-farmakologis berbasis bukti yang memanfaatkan efek konduksi dan evaporasi melalui sekaan air hangat untuk menurunkan suhu tubuh secara bertahap tanpa memicu respons menggigil. Penerapan ini bertujuan mendeskripsikan asuhan keperawatan pada anak demam tifoid dengan masalah hipertermi melalui penerapan *tepid sponge*. Metode yang digunakan adalah studi kasus klinis pada anak usia sekolah yang dirawat di ruang perawatan anak RSUD Arifin Achmad Provinsi Riau. Intervensi dilakukan selama tiga hari berturut-turut dengan pengusapan air hangat (suhu 28–32°C) pada area pembuluh darah besar selama 15–20 menit. Evaluasi dilakukan menggunakan pemantauan suhu tubuh berkala, frekuensi nadi, dan respons kenyamanan fisik. Hasil pengkajian awal menunjukkan pasien mengalami hipertermi dengan suhu tubuh 38,8°C, kulit teraba hangat, serta rewel. Setelah pemberian intervensi *tepid sponge*, didapatkan penurunan suhu tubuh yang signifikan secara bertahap hingga mencapai rentang normal (36,6°C) pada hari ketiga, akral teraba hangat, serta tingkat kenyamanan anak meningkat. Penerapan *Tepid Water Sponge* efektif menurunkan suhu tubuh dan mengatasi masalah hipertermi pada anak demam tifoid. Keterlibatan orang tua dalam prosedur ini sangat direkomendasikan untuk mendukung perawatan mandiri dan kenyamanan anak selama masa hospitalisasi.

Kata Kunci: Demam Tifoid, Hipertermi, *Tepid Sponge*, Anak.

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**NURSING PROFESSION STUDY PROGRAM FACULTY OF NURSING PAYUNG
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***Nursing Care for Children with Typhoid Fever through Tepid Water Sponge Application
to Resolve Hyperthermia at RSUD Arifin Achmad Riau Province***

Xiii + 47 Pages + 4 Tables + 6 Appendices

ABSTRACT

Typhoid fever is a systemic infectious disease caused by Salmonella typhi, characterized primarily by an elevated body temperature (hyperthermia). High fever in children poses a risk of serious complications such as febrile seizures and dehydration. Tepid Water Sponge is an evidence-based non-pharmacological intervention that utilizes conduction and evaporation through warm water sponging to gradually reduce body temperature without inducing shivering. This study aims to describe nursing care for pediatric patients with typhoid fever experiencing hyperthermia through the application of a tepid sponge. A clinical case study approach was utilized on a school-age child admitted to the pediatric ward of RSUD Arifin Achmad, Riau Province. The intervention was administered over three consecutive days by applying warm water (temperature 28–32°C) to major blood vessel sites for 15–20 minutes. Evaluations were conducted via serial body temperature monitoring, pulse rate, and physical comfort indicators. Initial assessment revealed hyperthermia with a body temperature of 38.8°C, warm skin, and restlessness. Following the Tepid Water Sponge intervention, a significant step-by-step reduction in body temperature was achieved, reaching normal limits (36.6°C) by the third day, accompanied by warm extremities and improved child comfort. The application of a Tepid Water Sponge is effective in lowering body temperature and resolving hyperthermia in pediatric typhoid fever patients. Parental involvement in this procedure is strongly recommended to enhance independent care and child comfort during hospitalization.

Keywords: Typhoid Fever, Hyperthermia, Tepid Sponge, Pediatric.

References: 25 (2015–2026)