PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

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Penerapan Kompres Hangat Untuk Mengatasi Nyeri Leher Pada Klien Hipertensi Di Desa Pagaruyung Kecamatan Tapung Kabupaten Kampar Riau

ABSTRAK

Penderita tekanan darah tinggi sering mengatakan bahwa leher mereka sakit. Hal ini karena tekanan darah tinggi memberi tekanan pada pembuluh darah di leher. Hal ini dapat menghentikan aliran darah dengan baik dan dapat menyebabkan pembengkakan dan masalah lain di area leher. Kompres hangat merupakan cara efektif untuk mengurangi rasa sakit. Kompres hangat bekerja dengan memperbesar pembuluh darah dan mengurangi ketegangan otot. Tujuan penggunaan kompres hangat untuk mengobati nyeri leher pada penderita tekanan darah tinggi di Desa Pagaruyung, Kecamatan Tapung, Kabupaten Kampar, Riau adalah untuk meningkatkan tekanan darah. Cara penerapannya didasarkan pada studi kasus berbasis Keperawatan Berbasis Bukti (Evidence Based Practice Nursing/EBN) pada satu klien penderita tekanan darah tinggi. Perawatan dilakukan selama tiga hari berturut-turut, dua kali sehari. Digunakan stoples berisi air hangat (40–45°C) dan pasien direndam di dalamnya selama 15–20 menit. Kami mengukur rasa sakit menggunakan Skala Peringkat Numerik (Numerical Rating Scale/NRS) sebelum dan sesudah terapi. Hasil menunjukkan bahwa sebelum diberikan kompres hangat, klien mengatakan mereka mengalami nyeri leher dan memberikan skor 6 (nyeri sedang). Setelah hari pertama perawatan, rasa sakit turun ke skala 3; hari kedua, ke skala 2–3; dan hari ketiga, ke skala 0–1 (tidak sakit). Tekanan darah pasien turun dari 160/95 mmHg menjadi 130/85 mmHg. Klien tampak lebih rileks, tidak menunjukkan ekspresi wajah apa pun, dan mampu menoleh tanpa mengeluh. Tidak ada efek samping pada kulit selama prosedur. Terapi kompres hangat secara efektif mengurangi intensitas nyeri leher pada pasien dengan tekanan darah tinggi melalui proses pelebaran pembuluh darah, peningkatan sirkulasi darah, dan relaksasi otot. Perawatan ini aman dan sederhana, dan pasien dapat melakukannya sendiri di rumah. Diharapkan terapi kompres hangat dapat digunakan sebagai cara untuk mengelola nyeri pada pasien hipertensi tanpa menggunakan obat-obatan. Pasien didorong untuk terus mengaplikasikan kompres hangat sendiri sebagai terapi pendukung di samping perawatan medis.

Kata kunci: kompres hangat; nyeri leher; hipertensi.

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Application of Warm Compresses to Overcome Neck Pain in Hypertensive Clients in Pagaruyung Village, Tapung District, Kampar Regency, Riau

ABSTRACT

People with high blood pressure often say that it makes their neck hurt. This is because high blood pressure puts pressure on the blood vessels in the neck. This can stop blood from flowing properly and can cause swelling and other problems in the neck area. Warm compresses are an effective way to reduce pain. They do this by making blood vessels bigger and muscles less tense. The aim of using warm compresses to treat neck pain in people with high blood pressure in Pagaruyung Village, Tapung District, Kampar Regency, Riau. The way it is put into practice looks at a case study based on Evidence Based Practice Nursing (EBN) on one client with high blood pressure. The treatment was done for three days in a row, twice a day. A jar of warm water (40–45°C) was used and the patient was left in it for 15–20 minutes. We measured the pain using something called the Numeric Rating Scale (NRS) before and after the therapy. The results showed that before they were given a warm compress, the client said they had neck pain and scored it at 6 (moderate pain). After the first day of treatment, the pain went down to a scale of 3; the second day, to a scale of 2–3; and the third day, to a scale of 0–1 (no pain). The patient's blood pressure dropped from 160/95 mmHg to 130/85 mmHg. The client looked more relaxed, did not make any faces, and was able to turn her head without complaining. There were no side effects on the skin during the procedure. Warm compress therapy effectively reduced the intensity of neck pain in patients with high blood pressure through the processes of widening the blood vessels, increased blood circulation, and muscle relaxation. This treatment is safe and simple, and patients can do it themselves at home. It is hoped that warm compress therapy can be used as a way to manage pain in hypertensive patients without the use of medicines. Patients are encouraged to continue applying warm compresses on their own as a supportive therapy alongside medical treatment

Keyword: warm compress; neck pain; hypertension.