

INTISARI

EFEKTIVITAS PENURUNAN SUHU TUBUH ANTARA KOMPRES HANGAT DAN *WATER TEPID SPONGE* PADA PASIEN ANAK USIA 6 BULAN – 5 TAHUN DENGAN HIPERTERMIA DI RS SLAMET RIYADI SURAKARTA

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Latar Belakang: Ada dua macam cara kompres kulit, yaitu *water tepid sponge* dan kompres hangat. Di RS Slamet Riyadi Surakarta terdapat peningkatan pasien anak dengan kasus demam anak usia 6 bulan – 5 tahun sebanyak 258 anak (2015), bulan Juli 2016 sebanyak 32 anak. Penanganan yang selama ini dilakukan perawat adalah memberikan terapi farmakologis dengan memberi obat antipiretik, namun ada beberapa perawat dan orang tua secara mandiri memberikan terapi nonfarmakologi dengan kompres hangat di bagian-bagian tertentu seperti di kepala, dada dan punggung agar penurunan suhu tubuh pada anak semakin cepat menurunnya.

Tujuan: Mengetahui efektifitas kompres hangat dan *water tepid sponge* terhadap penurunan suhu tubuh pada pasien anak usia 6 bulan – 5 tahun dengan hipertermia di RS Slamet Riyadi Surakarta.

Metode: Jenis penelitian *quasi eksperimental* dengan rancangan *Two Group Pre test and Post Test Design*. Populasinya semua pasien anak usia 6 bulan – 5 tahun dengan hipertermia yang menjalani perawatan di ruang anakyang rata-rata perbulan 32 anak yang dibagi menjadi dua kelompok yaitu kelompok yang diberi kompres hangat dan kelompok lain dengan *water tepid sponge* yang masing-masing kelompok berjumlah 16 anak. Alat analisis dengan analisis deskriptif, analisis bivariat dengan *independent simple t-test*.

Hasil: (1) Rata-rata suhu tubuh pasien anak dengan hipertermia pada kelompok yang diberi kompres hangat sebesar 37,44, nilai tertinggi *pre test* (38,50°C) dan *post test* (38,20°C), nilai terendah *pre test* (36,90°C) dan *post test* (36,50°C); (2) Rata-rata suhu tubuh pasien anak yang diberi *water tepid sponge* sebesar 37,21, nilai tertinggi *pre test* (38,60°C) dan *post test* (38,00°C), nilai terendah *pre test* (36,50°C) dan *post test* (36,40°C); (3) Pemberian *water tepid sponge* lebih efektif dibanding kompres hangat untuk menurunkan suhu anak hipertermia di Rumah Sakit Slamet Riyadi Surakarta ($M_1 = 37,44$; $M_2 = 37,21$; $p = 0,0001$).

Kesimpulan: Pemberian *water tepid sponge* lebih efektif dibandingkan kompres hangat untuk menurunkan suhu pada pasien anak dengan hipertermia di Rumah Sakit Slamet Riyadi Surakarta.

Kata kunci: *Kompres Hangat, Water tepid sponge, Suhu tubuh, Hipertermia.*

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ABSTRACT

EFFECTIVE OF BODY TEMPERATURE DECREASE AND WARM BETWEEN COMPRESS WATER TEPID SPONGE AT PATIENTS CHILDREN 6 MONTHS - 5 YEARS HYPERTHERMIA SLAMET RIYADI HOSPITAL SURAKARTA

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Background: There is two kinds of ways to compress the skin, water tepid sponge and warm compresses. Slamet Riyadi Surakarta hospital an increase pediatric patients with fever cases were children aged 6 months - 5 years as many as 258 children (2015), July 2016 as many as 32 children. Hand are been done the nurse is giving pharmacologic therapy to give antipyretic drugs, but there are a few nurses and parents independently provide non pharmacology therapy with warm compresses on certain parts such as the head, chest and back so that a decrease in body temperature in children sooner declining.

Objective: To determine the effectiveness of warm compresses and water tepid sponge to drop in body temperature in pediatric patients aged 6 months - 5 years with hyperthermia in Slamet Riyadi Surakarta hospital.

Method: Quasi-experimental design with two group Pretest and posttest design. The population of all pediatric patients aged 6 months - 5 years with hyperthermia were undergoing treatment in the child who monthly average 32 children were divided into two groups that were given warm compresses and other groups with water tepid sponge that each group numbered 16 children, the analysis tool with descriptive analysis, bivariate analysis with simple independent t-test.

Results: (1) Temperature average in pediatric patients with hyperthermia in the group that was given a warm compress at 37,44°C, the highest grade pre test (38,50°C) and post test (38,20°C), the lowest score pre test (36,90°C) and post test (36,50°C); (2) Average patient's body temperature in children given tepid water sponge amounted to 37.21, the highest grade pre test (38,60°C) and post test (38,00°C), the lowest score pre test (36,50°C) and post test (36,40°C); (3) Provision of tepid water sponge is more effective than warm compresses to lower the temperature of hyperthermia in children Slamet Riyadi Hospital Surakarta ($M_1 = 37.44$; $M_2 = 37.21$; $p = 0.0001$).

Conclusion: Delivery of tepid water sponge are more effective than warm compresses to lower the temperature pediatric patients with hyperthermia in hospital Slamet Riyadi Surakarta.

Keywords: Compress warm, water tepid sponge, body temperature, hyperthermia.

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