

ABSTRAK

Nama : Eva Umar Gayatri

Program Studi : Profesi Ners

Judul : Analisis Asuhan Keperawatan Anak Hipertermi Pada Pasien Dengue Hemorrhagic Fever Melalui Pemberian Kompres *Warm Water Bag* Di Rsu Anwar Medika Sidoarjo

Pembimbing : Ns. Tri Peni, S.Kep., M.Kes

Dengue Hemorrhagic Fever (DHF) merupakan penyakit infeksi virus dengue yang banyak menyerang anak dan ditandai dengan hipertermi sebagai gejala utama. Penanganan hipertermi yang tepat penting untuk mencegah perburukan kondisi pasien. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk meningkatkan termoregulasi adalah kompres warm hangat water bag. Penelitian ini bertujuan menganalisis asuhan keperawatan pada pasien DHF dengan masalah keperawatan hipertermi melalui penerapan kompres hangat *Warm Water Bag*. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, dan dokumentasi rekam medis. Intervensi kompres hangat *Warm Water Bag* diberikan selama tiga hari berturut-turut dengan meletakkan kompres pada area pembuluh darah besar, seperti leher, aksila, dada, dan abdomen selama 15–20 menit, disertai pemantauan suhu tubuh serta kolaborasi terapi cairan. Hasil menunjukkan adanya perbaikan termoregulasi yang ditandai dengan penurunan suhu tubuh dari 38,1°C pada hari pertama menjadi 37,6°C pada hari kedua dan 37,0°C pada hari ketiga. Selain itu, terjadi penurunan keluhan menggigil, berkurangnya kemerahan pada kulit, kondisi akral kembali normal, serta pasien tampak lebih aktif dan tidak lagi mengalami demam. Penerapan kompres hangat *Warm Water Bag* dapat membantu menurunkan hipertermi dan meningkatkan termoregulasi pada pasien DHF, yang ditandai dengan penurunan suhu tubuh, berkurangnya tanda-tanda hipertermi, dan perbaikan kondisi klinis pasien.

Kata kunci : *Dengue Hemorrhagic Fever* (DHF), hipertermi, kompres warm water bag

ABSTRACT

Name : Eva Umar Gayatri

Study program: Nursing Profession

Title : Analysis of Nursing Care for Pediatric Patients with Hyperthermia in Dengue Hemorrhagic Fever Through the Application of Warm Water Bag Compress at Anwar Medika General Hospital, Sidoarjo.

Mentor : Ns. Tri Peni, S.Kep., M.Kes

Dengue Hemorrhagic Fever (DHF) is a dengue viral infection that commonly affects children and is characterized by hyperthermia as one of its main clinical manifestations. Appropriate management of hyperthermia is essential to prevent deterioration of the patient's condition. One of the non-pharmacological interventions that can improve thermoregulation is the application of a warm water bag compress. This study aimed to analyze nursing care for a pediatric patient with DHF experiencing hyperthermia through the application of a warm water bag compress. Data were collected through interviews, observations, physical examinations, supporting examinations, and medical record documentation. The warm water bag compress intervention was administered for three consecutive days by applying the compress to major blood vessel areas, including the neck, axillae, chest, and abdomen, for 15–20 minutes, accompanied by body temperature monitoring and collaborative fluid therapy. The results showed an improvement in thermoregulation, indicated by a decrease in body temperature from 38.1°C on the first day to 37.6°C on the second day and 37.0°C on the third day. In addition, shivering decreased, skin redness was reduced, peripheral temperature returned to normal, and the patient became more active and no longer experienced fever. The application of a warm water bag compress helped reduce hyperthermia and improve thermoregulation in pediatric patients with DHF, as evidenced by decreased body temperature, reduced signs of hyperthermia, and improved clinical condition.

Keywords: Dengue Hemorrhagic Fever (DHF), hyperthermia, warm water bag compress