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*APPLICATION OF WARM COMPRESSES ON THE NECK FOR HEADACHES
OF PATIENTS WITH HYPERTENSION AT CIBINONG HOSPITAL*

i-xii + 72 pages, V CHAPTERS, 6 Tables, 2 Figures, 6 Attachments

ABSTRACT

Background: Hypertension is systolic blood pressure over 140 mmHg and diastolic blood pressure over 90 mmHg, based on two or more measurements. Nursing actions that can be taken to help reduce the level of pain felt in the neck is to provide the application of warm compresses. The application of warm compresses on the neck is done to relax the muscles in the blood vessels and develop blood vessels which in turn increases the supply of oxygen and nutrients to the brain tissue, thus helping to relieve muscle tension caused by pain. **Objective:** This study aims to determine the application of warm compresses to reduce the level of pain in the neck of patients with hypertension at RSUD Cibinong. **Methods:** This study uses case study research with descriptive type. Sampling using observation sheets with a total of 3 respondents. **Result:** The results of this study were that after applying warm pressure on the neck for 3 days with 1 meeting a day for 10-15 minutes, the results in the three respondents decreased pain from moderate pain to mild pain. **Conclusion:** That the application of warm compresses on the neck can reduce pain levels in hypertensive patients by doing compresses independently or with assistance.

Keywords: hypertension, pain, warm compress

Bibliography: 16 sources (2015 – 2023)