IMPLEMENTATION OF WARM COMPRESS THERAPY TO REDUCE HEADACHE PAIN IN OLDER ADULTS WITH HYPERTENSION

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ABSTRACT

Background: Hypertension is a condition characterized by a persistent increase in blood pressure above the normal range, with systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg. One of the most common complaints experienced by patients with hypertension, particularly older adults, is headache caused by increased pressure within the blood vessels. Pain management can be carried out not only through pharmacological therapy but also through non-pharmacological approaches, one of which is warm compress therapy. This case study aimed to describe the implementation of warm compress therapy in reducing headaches among older adults with hypertension. **Methods:** This study employed a case study design using a comprehensive nursing care approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observation, physical examination, and documentation review. **Results:** The primary nursing diagnosis identified was chronic pain. The intervention consisted of pain management using warm compress therapy administered for 15 minutes per session over three consecutive days. The results showed a reduction in pain intensity from a Numeric Rating Scale (NRS) score of 5 to 1 and a decrease in blood pressure from 171/87 mmHg to 128/90 mmHg, accompanied by improved healthy lifestyle behaviors. **Conclusion:** Warm compress therapy proved to be an effective non-pharmacological intervention for reducing pain and supporting holistic hypertension management. Therefore, healthcare professionals are encouraged to integrate this intervention into nursing practice to improve the quality of life of older adults with hypertension.

Keywords: Hypertension, Chronic Pain, Warm Compress, Older Adults.