ABSTRAK

Rizkia (2026). *Implementasi Terapi Kompres Hangat kombinasi Jahe Pada Lansia Hipertensi Dengan Masalah Nyeri Di Puskesmas Kedungkandang Kota Malang*. Karya Tulis Ilmiah Studi Kasus, Program Studi Diploma III Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing : Edy Suyanto, SST., MPH

Hipertensi menjadi salah satu masalah kesehatan yang sering dialami oleh lansia dan sering disertai keluhan nyeri akibat gangguan sirkulasi darah. Kondisi nyeri dialami jika berlangsung dalam jangka panjang dapat memengaruhi kenyamanan, aktivitas, serta kualitas hidup lansia apabila tidak ditangani secara tepat. Penelitian bertujuan mengidentifikasi keadaan maupun kondisi lansia hipertensi yang diberikan terapi kompres hangat kombinasi jahe terhadap berkurangnya nyeri. Penelitian ini memakai metode studi kasus pada 2 lansia hipertensi yang mengeluhkan nyeri tengkuk di Puskesmas Kedungkandang Kota Malang pada tahun 2026. Instrumen penelitian yang dipakai berupa lembar observasi serta skala nyeri *Numeric Rating Scale*, lembar wawancara, serta lembar evaluasi respons subjek terhadap terapi. Hasil implementasi mengalami penurunan skala nyeri pada subjek 1, skala nyeri menurun dari 6 menjadi 2, sedangkan pada subjek 2 dari skala 6 menjadi 0 setelah diberikan terapi kompres hangat kombinasi jahe selama 6 hari intervensi. Kedua subjek juga menunjukkan respons positif berupa tubuh terasa lebih hangat dan nyaman, otot leher lebih rileks, ekspresi wajah lebih tenang, serta keluhan nyeri berkurang. Oleh karena itu, terapi kompres hangat kombinasi jahe berpotensi menjadi terapi tambahan nonfarmakologis yang tidak berbahaya, sederhana, serta efektif membantu menurunkan nyeri pada lansia penderita hipertensi.

Kata kunci : hipertensi, lansia, kompres hangat jahe, nyeri

ABSTRACT

Rizkia (2026). *Implementation of Warm Compress Therapy Combined with Ginger in Elderly Patients with Hypertension Experiencing Pain at Puskesmas Kedungkandang, Malang City*. Scientific Writing Case Study, Diploma III Nursing Program Malang, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Advisor: Edy Suyanto, SST., MPH.

Hypertension is one of the health problems commonly experienced by the elderly and is often accompanied by pain complaints due to impaired blood circulation. Pain that persists for a long period can affect comfort, daily activities, and the quality of life of elderly individuals if not managed properly. This study aimed to identify the condition of elderly patients with hypertension who were given warm compress therapy combined with ginger to reduce pain. This study used a case study method involving two elderly patients with hypertension who complained of neck pain at Kedungkandang Public Health Center, Malang City, in 2026. The research instruments used were observation sheets, the Numeric Rating Scale for pain assessment, interview sheets, and evaluation sheets to assess the subjects' responses to the therapy. The results of the implementation showed a decrease in pain scale in subject 1 from 6 to 2, while subject 2 experienced a decrease from 6 to 0 after receiving warm compress therapy combined with ginger for 6 days of intervention. Both subjects also showed positive responses, including feeling warmer and more comfortable, more relaxed neck muscles, calmer facial expressions, and reduced pain complaints. Therefore, warm compress therapy combined with ginger has the potential to be a safe, simple, and effective complementary non-pharmacological therapy in helping reduce pain in elderly patients with hypertension.

Keywords: hypertension, elderly, warm ginger compress, pain.