

WARM COMPRESS INTERVENTION USING WARM WATER ZAK (WWZ)
ON POST-ORIF OPERATION PATIENTS IN THE BIMA ROOM OF
NGUDI WALUYO WLINGI REGIONAL HOSPITAL

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ABSTRACT

Acute pain seriously threatens patient recovery by inhibiting the patient's ability to be active, causing physical and emotional fatigue, immobility, and lack of sleep, resulting in prolonged treatment time. Various methods can be used to reduce the patient's pain level, one of which is warm compress using Warm Water Zak (WWZ). The purpose of this case study was to determine the implementation of warm compress intervention using Warm Water Zak (WWZ) in post-ORIF surgery patients in the Bima Room of Ngudi Waluyo Wlingi Hospital. This study used a descriptive research design with a case study method approach. After the intervention of providing warm compresses using WWZ for 2 days after the patient underwent ORIF surgery, the results of the patient's pain scale before the intervention on the first day were 7 and after the intervention became 4, on the second day before the intervention the pain scale was 4 and after the intervention became 2 with the criteria for the results of pain complaints decreasing sufficiently, grimacing decreasing, protective attitudes decreasing, anxiety decreasing, difficulty sleeping decreasing, and sleep patterns improving.

Keywords: ORIF, acute pain, warm compress, WWZ