

**IMPLEMENTATION OF REUSABLE HOT PACK AND WARM BLANKET  
COMBINATION IN GUILLAIN-BARRÉ SYNDROME PATIENTS  
WITH HYPOTHERMIA AT THE ICU ROOM OF  
DR. SAIFUL ANWAR HOSPITAL**

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**ABSTRACT**

**Background:** Guillain-Barré Syndrome (GBS) is an acute autoimmune disease that affects the peripheral nervous system, leading to autonomic dysfunction and impaired thermoregulation, resulting in hypothermia. Hypothermia is a medical emergency characterized by a drop in body temperature below 35°C. Management of hypothermia can be conducted through active and passive external warming methods, such as warm blankets or warm compresses, to raise and maintain body temperature. **Aim:** to assess the outcome of implementing a combination of reusable hotpack and warm blanket in a patient with Guillain-Barré Syndrome experiencing hypothermia in an intensive care setting. **Method:** This is a descriptive study using a case study approach. Data collection was carried out through interviews, observation, and secondary data. **Result:** Temperature measurements and observations were performed every 15 minutes, from minute 5 to minute 120. Over three days of intervention, the patient's body temperature stabilized at an average of 36.4°C. The consistent increase in body temperature throughout the observation period indicates the potential of this therapy as part of a hypothermia care protocol. **Discussion:** The implementation results showed that the combination of these two tools had a positive effect in increasing the body temperature of a hypothermic patient. This demonstrates the effectiveness of combining reusable hotpack and warm blanket in addressing hypothermia nursing problems. It is expected that nurses take an active role in monitoring patients' body temperature to enable prompt intervention and prevent complications related to hypothermia.

**Keywords:** Hypothermia, Reusable Hotpack, and Warm Blanket