

ABSTRAK

PENERAPAN KOMPRES DAUN DADAP SEREP UNTUK MENURUNKAN SUHU TUBUH PADA ANAK DEMAM DI PUSKESMAS SUKARATU KABUPATEN TASIKMALAYA

Keterangan : ¹Yanti Herawati, ²Daniel Akbar Wibowo, ³Nina Rosdiana

Demam merupakan kondisi meningkatnya suhu tubuh di atas batas normal akibat adanya proses infeksi atau inflamasi dalam tubuh. Demam pada anak sering disertai keluhan lemas, nyeri, penurunan nafsu makan, dan dapat menyebabkan komplikasi seperti dehidrasi maupun kejang apabila tidak ditangani dengan baik. Penanganan demam dapat dilakukan secara farmakologis maupun nonfarmakologis. Salah satu terapi nonfarmakologis yang dapat digunakan yaitu kompres daun dadap serep. Daun dadap serep mengandung senyawa flavonoid, saponin, polifenol, tanin, alkaloid, serta etanol yang memiliki efek antipiretik dan memberikan sensasi dingin melalui mekanisme konduksi panas sehingga membantu menurunkan suhu tubuh. Karya Ilmiah Akhir Ners (KIAN) ini bertujuan untuk mengetahui efektivitas penerapan kompres daun dadap serep dalam menurunkan suhu tubuh pada anak demam di Puskesmas Sukaratu Kabupaten Tasikmalaya. Penerapan kompres daun dadap serep dilakukan selama 3 hari dengan frekuensi 2–3 kali sehari selama 15–30 menit. Sebelum dilakukan intervensi suhu tubuh pasien tercatat 38,5°C, kemudian setelah dilakukan penerapan kompres daun dadap serep suhu tubuh mengalami penurunan secara bertahap hingga mendekati batas normal. Hasil analisis menunjukkan bahwa penerapan kompres daun dadap serep efektif membantu menurunkan suhu tubuh pada anak demam. Intervensi ini dapat dijadikan sebagai tindakan keperawatan nonfarmakologis yang aman, sederhana, dan mudah diterapkan di masyarakat.

Kata Kunci : Demam, Kompres Daun Dadap Serep

ABSTRACT

APPLICATION OF DADAP SEREP LEAF COMPRESS TO REDUCE BODY TEMPERATURE IN CHILDREN WITH FEVER AT SUKARATU PUBLIC HEALTH CENTER TASIKMALAYA REGENCY

Description : ¹Yanti Herawati, ²Daniel Akbar Wibowo, ³Nina Rosdiana

Fever is a condition characterized by an increase in body temperature above normal limits due to infection or inflammation processes in the body. Fever in children is often accompanied by weakness, pain, decreased appetite, and may lead to complications such as dehydration and seizures if not treated properly. Fever management can be carried out pharmacologically and non-pharmacologically. One of the non-pharmacological therapies that can be used is a dadap serep leaf compress. Dadap serep leaves contain flavonoids, saponins, polyphenols, tannins, alkaloids, and ethanol which have antipiretic effects and provide a cooling sensation through a heat conduction mechanism to help reduce body temperature. This Final Scientific Nursing Project aims to determine the effectiveness of applying dadap serep leaf compresses in reducing body temperature in children with fever at Sukaratu Public Health Center, Tasikmalaya Regency. The application of dadap serep leaf compresses was carried out for 3 days with a frequency of 2–3 times a day for 15–30 minutes. Before the intervention, the patient's body temperature was recorded at 38.5°C, then after the application of the dadap serep leaf compress, the body temperature gradually decreased to near normal limits. The analysis results showed that the application of dadap serep leaf compresses was effective in helping reduce body temperature in children with fever. This intervention can be used as a safe, simple, and easily applicable non-pharmacological nursing intervention in the community.

Keywords : *Fever, Dadap Serep Leaf Compress*