

**POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN  
TANJUNGPURUN JURUSAN KEPERAWATAN  
PROGRAM STUDI DIPLOMA III KEPERAWATAN KOTABUMI**

**Karya Tulis Ilmiah, 8 Mei 2024  
Dila Aprida Yanti**

**PEMBERIAN TERAPI KOMPRES HANGAT DALAM MENGATASI  
GANGGUAN RASA NYAMAN NYERI AKUT PADA PASIEN DISPEPSIA**

**xvii + 45 halaman + 8 tabel + 2 gambar + 5 lampiran**

**ABSTRAK**

Dispepsia merupakan kumpulan gejala berupa keluhan nyeri, perasaan tidak enak perut bagian atas yang menetap atau disertai dengan keluhan seperti rasa penuh saat makan, cepat kenyang, kembung, sendawa, anoreksia, mual, dan muntah. Penelitian ini bertujuan untuk mengurangi rasa nyeri pada pasien dispepsia dengan pemberian terapi kompres hangat di Ruang Fresia Lantai 4 Rumah Sakit Handayani Kotabumi Lampung Utara. Metode dalam penelitian menggunakan tindakan keperawatan berupa pemberian terapi kompres hangat pada pasien dispepsia dengan masalah keperawatan nyeri akut yang dilaporkan dalam bentuk studi kasus. Hasil persentase nyeri akut pada pasien setelah dilakukan tindakan pemberian terapi kompres hangat skala nyeri menurun. Hasil penelitian menunjukkan bahwa setelah diberikan tindakan keperawatan terapi kompres hangat didapatkan skala nyeri klien berkurang dan menghilang keperawatan. Kesimpulan dari penelitian ini bahwa tindakan keperawatan pemberian terapi kompres hangat dapat mengurangi dan meredakan rasa nyeri pada pasien dispepsia. Perawat diharapkan dapat memberikan tindakan keperawatan pemberian terapi kompres hangat pada pasien dispepsia.

Kata kunci : Terapi Kompres Hangat, nyeri akut, dispepsia.

Daftar bacaan : 15 (2013-2023)

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**GIVING WARM COMPRESS THERAPY TO OVERCOME ACUTE  
PAIN COMFORT DISORDERS IN DYSPEPSIA PATIENTS**

**xvii + 45 pages + 8 tables + 2 figures + 5 appendices**

**ABSTRACT**

*Dyspepsia is a collection of symptoms in the form of complaints of pain, a feeling of discomfort in the upper stomach that persists or is accompanied by complaints such as feeling full when eating, feeling full quickly, bloating, belching, anorexia, nausea and vomiting. This study aims to reduce pain in dyspepsia patients by providing warm compress therapy in the Fresia Room, Floor 4, Handayani Hospital, North Lampung City. The research method uses nursing actions in the form of providing warm compress therapy to dyspepsia patients with acute pain nursing problems which are reported in the form of case studies. The results of the percentage of acute pain in patients after giving warm compress therapy, the pain scale decreased. The results of the research showed that after being given warm compress therapy nursing actions, it was found that the client's pain scale decreased and disappeared. The conclusion of this research is that the nursing action of providing warm compress therapy can reduce and relieve pain in dyspepsia patients. Nurses are expected to be able to provide nursing action of providing warm compress therapy to dyspepsia patients.*

*Keywords :warm compress, acute pain, dyspepsia.*

*Reference : 15 ( 2013-2023 )*