

ABSTRAK

PENERAPAN KOMPRES *ALOE VERA* TERHADAP PENURUNAN SUHU TUBUH ANAK DENGAN DEMAM *THYPOID* DI IGD RSUP DR. TADJUDDIN CHALID

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Latar Belakang : Demam *thypoid* merupakan penyakit infeksi akut yang masih menjadi masalah kesehatan endemik di Indonesia, terutama pada anak-anak. Hipertermia yang menyertai demam *thypoid* berisiko menimbulkan komplikasi serius jika tidak ditangani secara tepat. Terapi komplementer seperti kompres *Aloe Vera* dikenal memiliki efek antipiretik alami melalui mekanisme pendinginan dan vasodilatasi kulit.

Tujuan: Penelitian ini bertujuan untuk mengetahui efektivitas penerapan kompres *Aloe Vera* terhadap penurunan suhu tubuh anak dengan demam *thypoid* di Instalasi Gawat Darurat RSUP Dr. Tadjuddin Chalid Makassar.

Metode: Penelitian ini menggunakan desain laporan kasus (case study) dengan pendekatan Asuhan keperawatan pada pasien anak yang didiagnosis demam *thypoid* dan mengalami hipertermia. Subjek penelitian adalah seorang anak berusia 9 tahun yang dirawat di Instalasi Gawat Darurat RSUP Dr. Tadjuddin Chalid Makassar dengan suhu tubuh awal 39°C.

Hasil : Penelitian berbentuk laporan kasus dengan intervensi keperawatan berupa kompres *Aloe Vera* pada anak usia 9 tahun yang didiagnosis demam *thypoid* dengan suhu awal 39°C. Implementasi dilakukan selama 15–20 menit dengan hasil evaluasi menunjukkan penurunan suhu tubuh menjadi 37,8°C, disertai perbaikan tanda vital dan penurunan keluhan subjektif. Hasil ini mengindikasikan bahwa kompres *Aloe Vera* efektif membantu menurunkan suhu tubuh anak dengan demam *thypoid* sebagai terapi nonfarmakologis.

Kesimpulan : Kesimpulan dari penelitian ini adalah penerapan kompres *aloe vera* terbukti menurunkan suhu tubuh pada anak yang mengalami demam *thypoid*. Penerapan kompres *Aloe Vera* dapat dijadikan intervensi keperawatan komplementer yang sederhana, aman, dan bermanfaat dalam penatalaksanaan hipertermia pada anak dengan demam *thypoid*.

Kata Kunci : Demam *Thypoid*, Kompres *Aloe Vera*, Penurunan Suhu Tubuh

ABTRACT

USE OF ALOE VERA COMPRESSES TO REDUCE BODY TEMPERATURE IN CHILDREN WITH TYPHOID FEVER AT THE EMERGENCY ROOM OF DR. TADJUDDIN CHALID GENERAL HOSPITAL

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Background: Typhoid fever is an acute infectious disease that remains an endemic health problem in Indonesia, especially among children. The hyperthermia that accompanies typhoid fever carries the risk of serious complications if not treated properly. Complementary therapies such as Aloe Vera compresses are known to have natural antipyretic effects through skin cooling and vasodilation mechanisms.

Objective: This study aims to determine the effectiveness of applying Aloe Vera compresses to reduce body temperature in children with typhoid fever at the Emergency Room of Dr. Tadjuddin Chalid General Hospital in Makassar.

Method: This study used a case study design with a nursing care approach for pediatric patients diagnosed with typhoid fever and experiencing hyperthermia. The subject of the study was a 9-year-old child treated at the Emergency Room of Dr. Tadjuddin Chalid General Hospital in Makassar with an initial body temperature of 39°C.

Results: This case report study involved nursing intervention in the form of Aloe Vera compresses on a 9-year-old child diagnosed with typhoid fever with an initial temperature of 39°C. The intervention was carried out for 15–20 minutes, with evaluation results showing a decrease in body temperature to 37.8°C, accompanied by improved vital signs and a reduction in subjective complaints. These results indicate that Aloe Vera compresses are effective in helping to reduce body temperature in children with typhoid fever as a non-pharmacological therapy.

Conclusion: The conclusion of this study is that the application of aloe vera compresses has been proven to reduce body temperature in children with typhoid fever. The application of aloe vera compresses can be used as a simple, safe, and beneficial complementary nursing intervention in the management of hyperthermia in children with typhoid fever.

Keywords: Typhoid fever, Aloe vera compress, Decrease in body temperature