

**Program Studi Sarjana Keperawatan dan Pendidikan Profesi Ners
Fakultas Ilmu Kesehatan
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ABSTRAK

Hernanda Adityo¹, Susri Utami², Dwi Haryanti

**Penerapan Terapi Rendam Kaki Dengan Air Hangat Untuk Mengatasi
Hiperpireksia Pada Anak Dengan Hiperpireksia Di Ruang Amarilis II
RSUD Dr. Adhyatma, MPH. Semarang**

Pendahuluan

Demam adalah kondisi saat suhu tubuh berada $\geq 38^{\circ}\text{C}$, sedangkan hiperpireksia terjadi jika suhu tubuh meningkat hingga $> 41^{\circ}\text{C}$. Penanganan demam pada anak dapat dilakukan melalui terapi farmakologis dan nonfarmakologis. Terapi farmakologis menggunakan obat antipiretik. Sementara itu, terapi nonfarmakologis seperti merendam kaki dengan air hangat dapat membantu menurunkan suhu tubuh, meredakan nyeri, melemaskan otot, meningkatkan sirkulasi darah, melebarkan pembuluh darah, mengendurkan jaringan ikat, serta memberikan efek relaksasi yang menenangkan dan nyaman bagi anak.

Metode

Penulis menerapkan hasil penelitian Kurniasari Budi Hidayati dan Eka Faozi (2023) yang berjudul *“Upaya Penurunan Suhu Tubuh pada Pasien Hipertermi dengan Terapi Rendam Kaki Air Hangat.”* Dalam pelaksanaannya, penulis menangani satu responden anak yang mengalami hiperpireksia, yaitu kondisi peningkatan suhu tubuh ekstrem di atas 41°C yang memerlukan penanganan segera. Pengukuran suhu tubuh dilakukan secara akurat menggunakan termometer aksila. Pengambilan data dilakukan sebelum (pre) dan sesudah (post) intervensi. Intervensi berupa terapi rendam kaki air hangat dipilih karena bersifat nonfarmakologis, aman, mudah dilakukan, serta mampu menurunkan suhu tubuh, meningkatkan sirkulasi darah, dan memberikan efek menenangkan bagi anak.

Hasil

Pada hari pertama, anak mengalami demam dengan suhu tubuh mencapai $39,2^{\circ}\text{C}$. Sebagai intervensi nonfarmakologis, dilakukan terapi rendam kaki menggunakan air hangat selama beberapa menit. Setelah dilakukan pengukuran ulang, suhu tubuh anak menurun menjadi $38,5^{\circ}\text{C}$. Pada hari kedua, suhu awal $38,2^{\circ}\text{C}$ dan setelah terapi yang sama, suhu menurun menjadi 37°C . Hasil ini menunjukkan bahwa terapi rendam kaki efektif menurunkan suhu tubuh anak secara bertahap dan aman.

Simpulan

Setelah terapi rendam kaki menggunakan air hangat, suhu tubuh anak menurun secara signifikan, membuktikan bahwa metode ini efektif dan aman untuk menurunkan demam.

ABSTRACT

Hernanda Adityo¹, Susri Utami², Dwi Haryanti

The Implementation of Foot Soaking Therapy with Warm Water to Overcome Hyperpyrexia in Children with Hyperpyrexia in the Amarilis II Room of Dr. Adhyatma Hospital, MPH. Semarang

Introduction

Fever is a condition when the body temperature is $\geq 38^{\circ}\text{C}$, while hyperpyrexia occurs when the body temperature rises to $> 41^{\circ}\text{C}$. Treatment of fever in children can be done through pharmacological and non-pharmacological therapies. Pharmacological therapy uses antipyretic drugs. Meanwhile, non-pharmacological therapies such as soaking the feet in warm water can help lower body temperature, relieve pain, relax muscles, improve blood circulation, widen blood vessels, and relax connective tissue, providing a relaxing and comfortable effect for children.

Method

The author applies the results of Kurniasari Budi Hidayati and Eka Faozi's (2023) research entitled "*Efforts to Reduce Body Temperature in Hyperthermia Patients with Warm Water Foot Soaking Therapy.*" In its implementation, the author handled one child respondent who experienced hyperpyrexia, which is a condition of extreme increase in body temperature above 41°C that requires immediate treatment. Body temperature measurements are carried out accurately using an axillary thermometer. Data collection was conducted before (pre-intervention) and after (post-intervention) the intervention. Interventions in the form of warm water foot soaking therapy were chosen because they are non-pharmacological, safe, easy to administer, and capable of lowering body temperature, improving blood circulation, and providing a calming effect for children.

Result

On the first day, the child has a fever with a body temperature of 39.2°C . As a non-pharmacological intervention, foot soaking therapy was carried out using warm water for a few minutes. After re-measurements, the child's body temperature decreased to 38.5°C . On the second day, the initial temperature was 38.2°C , and after the same therapy, the temperature dropped to 37°C . These results demonstrate that foot soaking therapy is effective in gradually and safely lowering a child's body temperature.

Conclusion

After soaking the child's feet in warm water, their body temperature decreased significantly, proving that this method is effective and safe for lowering fever.