ABSTRACT

WARM COMPRESS AFFECTS CHANGES OF PAIN SCALE IN PATIENTS WITH TENSION-TYPE HEADACHE

AQuasi-Experimental Study

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Headache is one of the most common complaints found in everyday life. Reports from Neurology Clinic, Haji Hospital, Surabaya, showed that the average number of patients with Tension-Type Headache (TTH) in the last three months was 25 individuals monthly. Based on the study, the addition of warm or cold compress for 30 minutes with ibuprofen resulted in mild improvement in cases of acute neck and back pain. The purpose of this study was to analyze the effect of warm compress on pain scale in patients with Tension-Type Headache. This study used quasi-experimental design. The population in this study were all patients who experienced TTH in Neurology Clinic, Haji Hospital, Surabaya. Samples were taken using total sampling and a total of 26 patients were obtained. The independent variable was warm compress, and the dependent variable was pain in patients with TTH. Data were collected using standard operating procedures and observation sheet. Analysis of the data used Wilcoxon Signed Rank Test with significance level p=0.01. The results of this study showed that warm compress affected pain scale in patients with Tension Type Headache in control group (p = 0.001) and also the pain scale in patients with Tension Type Headache in treatment group (p = 0.002). The provision of warm compress to patients with Tension Type Headache may lower the pain scale. Patients with Tension Type Headache and their family can provide warm compress to relieve pain experienced by the patients.

Keywords: warm compress, pain scale in patients with TTH