APPLICATION OF WARM COMPRESSES ON THE NECK TO REDUCE HEADACHE IN ELDERLY PATIENTS WITH HYPERTENSION AT KARANGANYAR PRIMARY HEALTH CENTER

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ABSTRACT

Background: *Hypertension is a common condition among the elderly and may cause headaches that interfere with daily activities. One of the non-pharmacological therapies used to reduce headache intensity is the application of warm compresses to the neck.* ***Objective:*** *This study aimed to describe the outcomes of applying warm compresses to the neck in reducing headaches among elderly patients with hypertension in the working area of Karanganyar Primary Health Center.* ***Methods:*** *The method used was a descriptive case study involving two elderly patients with hypertension who experienced headaches. Pain intensity was measured using the Visual Analog Scale (VAS). Warm compresses were applied to the neck area for 15–20 minutes, twice daily for seven consecutive days.* ***Results:*** *Before the intervention, Mrs. G experienced moderate pain with a pain score of 5, while Mrs. S had a pain score of 6. After seven days of warm compress application, the pain score decreased to 1 in Mrs. G and 2 in Mrs. S.* ***Conclusion:*** *The findings of this study indicate that the application of warm compresses to the neck may help reduce headache intensity in elderly patients with hypertension.*

Keywords: *Elderly, Headache, Hypertension, Warm Compress*