

**APPLICATION OF THERMOTHERAPY IN FULFILLING THE NEEDS  
FOR PAIN SAFETY COMFORT IN PATIENTS WITH ACUTE  
CORONARY SYNDROME (ACS) IN THE WISNUMURTI  
WARD OF DR. SARDJITO**

**Wanda Fauziah<sup>1</sup>, Rosa Delima Ekwantini<sup>2</sup>**

<sup>1</sup>Student of the Nursing Department of Poltekkes Kemenkes Yogyakarta

<sup>2</sup>Lecturers of the Nursing Department of Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: [wandafauziah@gmail.com](mailto:wandafauziah@gmail.com)

**ABSTRACT**

**Background:** Artery Coronary Syndrome (ACS) is a condition of sudden reduction in blood supply to the heart caused by narrowing of the coronary arteries as a result of the process of atherosclerosis or spasm. The main problem in ACS patients is non-specific chest pain in the left chest that spreads to the neck, left shoulder, hands and back. Chest pain in ACS patients can be given non-pharmacological therapy, one of which is heat therapy (thermotherapy). The advantages of this non-pharmacological thermotherapy therapy are that it has few side effects, is cheaper, and is easier to apply.

**Objective:** Able to apply thermotherapy therapy to fulfill the need for safety and comfort in patients with ACS in the Wisnumurti ward at RSUP Dr. Sardjito

**Methods:** Case study involving 2 patients with ACS. The instrument is SOP thermotherapy. Pain intensity was measured using the Numeric Rating Scale (NRS). Thermotherapy is carried out once a day for 3 consecutive days with a duration of 20 minutes using a hot pack filled with water at a temperature of 80°C.

**Results:** The nursing problem in both patients was acute pain related to physiological injuring agents, after thermotherapy intervention was carried out once a day for 3 consecutive days with a duration of 20 minutes using a hot pack filled with water at a temperature of 80°C, the nursing problem was partially resolved as evidenced by a decrease pain scale in both patients.

**Conclusion:** Thermotherapy can reduce the pain scale in ACS patients.

**Keywords:** Thermotherapy, Pain, Acute Coronary Syndrome (ACS).

**PENERAPAN *THERMOTHERAPY* DALAM PEMENUHAN KEBUTUHAN  
RASA AMAN NYAMAN NYERI PADA PASIEN *ACUTE CORONARY  
SYNDROME (ACS)* DI RUANG WISNUMURTI  
RSUP DR. SARDJITO**

**Wanda Fauziah<sup>1</sup>, Rosa Delima Ekwantini<sup>2</sup>**

<sup>1</sup>Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,

<sup>2</sup>Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: wandafauziah@gmail.com

**ABSTRAK**

**Latar Belakang:** *Artery Coronary Syndrome (ACS)* merupakan suatu kondisi berkurangnya suplay aliran darah ke jantung secara mendadak yang disebabkan oleh penyempitan arteri koronaria akibat dari proses aterosklerosis atau spasme. Permasalahan utama pada pasien *ACS* yaitu nyeri dada yang tidak spesifik pada dada kiri yang menjalar hingga ke leher, bahu kiri, serta tangan dan punggung. Nyeri dada pada pasien *ACS* dapat diberikan terapi non farmakologis salah satunya dengan terapi panas (*thermotherapy*). Kelebihan dari terapi non farmakologis *thermotherapy* ini adalah efek samping yang sedikit, lebih murah, dan lebih mudah untuk diaplikasikan.

**Tujuan:** Mampu menerapkan terapi *thermotherapy* dalam pemenuhan kebutuhan rasa aman nyaman nyeri pada pasien dengan *ACS* di ruang Wisnumurti RSUP Dr. Sardjito

**Metode:** Studi kasus yang melibatkan 2 pasien dengan *ACS*. Instrumen berupa SOP *thermotherapy*. Pengukuran intensitas nyeri menggunakan *Numeric Rating Scale (NRS)*. *Thermotherapy* dilakukan 1 kali sehari selama 3 hari berturut-turut dengan durasi 20 menit menggunakan *hot pack* berisi air dengan suhu 80°C.

**Hasil:** Masalah keperawatan pada kedua pasien adalah nyeri akut berhubungan dengan agen pencedera fisiologis, setelah dilakukan intervensi *thermotherapy* 1 kali sehari selama 3 hari berturut-turut dengan durasi 20 menit menggunakan *hot pack* berisi air dengan suhu 80°C masalah keperawatan teratasi sebagian dibuktikan dengan penurunan skala nyeri pada kedua pasien.

**Kesimpulan:** *Thermotherapy* dapat menurunkan skala nyeri pada pasien *ACS*.

**Kata Kunci:** *Thermotherapy*, Nyeri, *Acute Coronary Syndrome (ACS)*.