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Supervision of Elderly Cadres in Education on Handling Bloating with Hot Compress on the Abdominal Area

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ABSTRACT

Background: Acute abdominal pain is an emergency that can occur due to surgical and non-surgical problems. Patients with acute abdomen come with complaints of abdominal pain that occurs suddenly. Handling of bloating with hot compresses in the abdominal area, One of the first aid that is easily available in families and communities.Objective: hot compresses in the abdominal area, or stomach, can help relieve pain and bloating. Community service method: Assisting elderly cadres in first aid with hot compresses in the abdominal area r. Activity Results: Counseling attended by 6 elderly cadres and 21 elderly, given material on handling bloating with hot compresses in the abdominal area. Discussion: Hot compresses in the abdominal area are hot compresses in the abdominal area, or stomach, can help relieve pain and bloating. The heat from the compress can dilate blood vessels, improve circulation, and make muscles more relaxed, thereby reducing pain and discomfort. Conclusion: Participants 2 out of 6 elderly cadres and 4 out of 21 elderly were able to redemonstrate how to treat bloating with a hot compress on the abdomen. Suggestion: The community can provide first aid for treating bloating with a hot compress on the abdomen.

Keywords: *Elderly Cadres, Bloating, and Hot Compress Education*

INTRODUCTION

Acute abdominal pain is an emergency that can occur due to surgical and non-surgical problems. Patients with an acute abdomen present with complaints of sudden abdominal pain. Acute abdominal pain is an emergency that can occur due to surgical and non-surgical problems.

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Patients with an acute abdomen present with complaints of sudden abdominal pain. Treatment of bloating with a hot compress on the abdomen is one of the first aid measures readily available to families and the community. Purpose: A hot compress on the abdomen can help relieve pain and bloating.

Abdominal colic is a persistent abdominal pain that originates from the organs within the abdomen. The underlying cause is infection of the abdominal organs (inflammation) and obstruction of the abdominal organs (Dian, 2023). Abdominal pain in humans can be a sign of a disorder in the human body. In today's advanced era, many new diseases are emerging due to viral, bacterial, or fungal infections, as well as the excessive or incorrect use of chemical substances (Dian, 2023). Acute abdominal pain is an emergency that can occur due to surgical and non-surgical problems. Patients with acute abdomen present with sudden abdominal pain that lasts less than 24 hours (Aji, 2023).

Survey data from the general population found that abdominal pain cases are higher than those found in hospitals or health care settings, as only 20-25% seek medical attention. The annual incidence of abdominal pain is estimated to be between 1 and 11.5%, although epidemiological data are not yet available in Indonesia (Aji, 2023). Applying warm compresses is one self-care measure. The warming effect of compresses can cause vasodilation in blood vessels, which in turn increases blood flow to the tissues, increases the flow of nutrients and nutrients to cells, and improves the elimination of substances, which can reduce abdominal colic pain (Abdurakhman, 2020). A warm compress is a method of applying warmth and comfort to a specific area using a liquid or device to reduce pain. Warm compresses are used to treat arthritis, fever, muscle spasms, and flatulence. (Zainuri, 2024)

Warm compress therapy on the abdominal wall has been recognized as an effective approach to pain management. By increasing local temperature, this therapy can relieve muscle tension, improve blood circulation, and provide pain relief. (Menga Maria Kurni, 2023). This therapy is certainly not the only non-pharmacological therapy effective in reducing pain levels, but it can reduce pain levels from moderate to severe. This is evidenced by a previous study by (Dian, 2023) entitled "Implementation of Warm Compresses to Reduce Abdominal Colic in Ward 2 of Pantura Regional Hospital, M.A. Santot Patrol, Indramayu," which showed a significant difference in pain reduction in abdominal colic patients after warm compress therapy was administered. Results showed that 75% of respondents had moderate pain and 25% had severe pain, indicating that warm compresses are effective in reducing pain levels. (Darsini, 2016).

Abdominal colic is abdominal pain caused by distension (tightening), obstruction (blockage), or inflammation of organs containing smooth muscle, namely the intestines, gallbladder, kidneys, menstrual cramps, and so on. Abdominal colic causes symptoms such as acute pain accompanied by nausea and vomiting. The pain experienced by patients with abdominal colic can cause discomfort and affect their physiological and psychological well-being. Pain can be managed with non-pharmacological techniques, including pain management interventions such as warm compresses. This case study aims to determine the effectiveness of warm compress therapy in reducing pain levels in patients with abdominal colic, according to Tahir Rusna (2025).

The effectiveness of applying warm compresses to the abdominal wall in reducing body temperature is "rapid," meaning that the average body temperature of respondents who applied warm compresses to the abdominal wall decreased by 0.5 degrees Celsius. This is due to the abdominal organs having receptors in the skin, abdominal muscles, and intra-abdominal organs. (Lubis Sufyan, 2015). The application of warm compresses has been proven effective in reducing the intensity of abdominal pain and increasing patient comfort. This intervention can be an alternative non-pharmacological therapy. (Abawaini, 2025). Nursing actions involving warm compress therapy can reduce and relieve pain in patients with dyspepsia. Nurses are expected to provide nursing actions involving warm compress therapy to patients with dyspepsia. (Yanti Aprida Dila, 2024).

Supervision of Elderly Cadres in Education on Handling Bloating with Hot Compresses on the Abdominal Area. (Lusiani, 2025). The Application of Warm Compresses to Reduce Hyperthermia in Children Experiencing Simple Febrile Seizures (Kusuma, 2023). Warm Compress for Reducing Middle Peace in Adolescent Women (Nurrahmaton, 2023). The Effect of a Warm Compress to Decrease the Degree of Menstrual Pain in Teenage Girls at Sekip Village, Lubuk Pakam District, Deli Serdang Regency 2022 (Lubis, 2023).

Warm Compress Therapy to Resolve Acute Pain Nursing Problems: A Case Study (Mualida, 2023).The Effect of Warm Compress on Reducing Dysmenorrhic Pain: Literature Review (Ginting, 2023). Application of Warm Compresses for Headaches in Hypertensive Patients (Nazar, 2023). Comparison of the Effectiveness of Giving Warm Compresses and Cold Compresses in Managing Dysmenorrhea: Systematic Review (Safitri, 2023). Warm Compress on Lowering Body Temperature Among Hyperthermia Patients: A Literature Review (Lismayanti, 2021). The Effect of Warm Compresses on Pain Reduction in Patients with Gouty Arthritis (Zahroh, 2018).

This therapy is certainly not the only non-pharmacological therapy effective in reducing pain, but it can reduce pain levels from moderate to severe. This is evidenced by a previous study by (Dian, 2023), entitled "Implementation of Warm Compresses to Reduce Abdominal Colic in Ward 2 of Pantura Regional Hospital, M.A. Santot Patrol, Indramayu," which showed a significant difference in pain reduction in abdominal colic patients after receiving warm compress therapy before applying the warm compress. Results showed that 75% of respondents had moderate pain and 25% had severe pain. Therefore, warm compresses are considered effective in reducing pain.

Based on this description, the researcher is interested in conducting education on: treating bloating with hot compresses on the abdomen,the author formulated the main problem as follows: how to treat bloating with hot compresses on the abdominal area in patients experiencing abdominal bloating. This issue became the basis for the community service activity titled: *"Assisting Elderly Cadres in Education on Handling Bloating with Hot Compresses on the Abdominal Area."*

The general objective of this activity is to identify the outcomes of education regarding the management of bloating using hot compresses on the abdomen. The specific objectives are: (a) to enable participants to assess abdominal bloating conditions, and (b) to enable them to demonstrate the correct method of managing bloating using a hot compress.

The expected benefits of this activity include both theoretical and practical aspects. The theoretical benefit is that the results of this community service article are expected to provide

insights and information in the field of nursing, particularly for patients or families experiencing abdominal bloating. The practical benefit is that the findings can serve as input and evaluation material to be used in the implementation of nursing care practices for patients with abdominal bloating.

METHODS

This community service activity employed an educational approach using health counseling and direct demonstration methods. The target audience included elderly health cadres and older adults within the working area of the Tunas Harapan Public Health Center (Puskesmas), North Curup. Education was delivered through interactive lectures using posters and demonstration tools for warm compresses, followed by a Q&A session to enhance participant understanding. The session continued with a hands-on practice activity, where participants were guided by the facilitators to apply warm compresses correctly to the abdominal area as a treatment for bloating. Participant competence in recognizing and treating bloating with warm compresses was evaluated through direct observation and a simple checklist.

RESULTS

Activity Results: The educational outreach session was attended by 6 elderly cadres and 21 elderly people, and provided material on treating bloating with hot compresses on the abdomen.Based on the implementation of community service activities carried out at the "Tangguh Sehati Elderly School" in Dusun Sawah Village, within the Tunas Harapan Community Health Center, North Curup District, with after the outreach session, 2 participants from 6 elderly cadres and 4 elderly people from 21 elderly people were able to correctly demonstrate how to treat bloating with hot compresses on the abdomen,results of Activities on.

1. **Structure**

   The structure of the community service activities includes:

   a. The community service team has prepared activities to assist elderly cadres in treating bloating with hot compresses on the abdomen at the "Sekolah Lansia Tangguh Sehati" (Sehati Resilient Elderly School) in Dusun Sawah Village, within the jurisdiction of the Tunas Harapan Community Health Center, North Curup District, within two months prior to the educational outreach.

   b. The community service team has prepared a proposal, a permit application letter, an invitation letter, minutes, an attendance list, documentation, and a report on the results of the community service activities.

2. **Process**

   The process of the community service activities includes:

   a. The community service activities will begin at 8:00 a.m. to 10:00 a.m. WIB on Saturday, May 3, 2025, in the Village Hall of the "Sekolah Lansia Tangguh Sehati" (Sehati Resilient Elderly School) in Dusun Sawah Village, within the jurisdiction of the Tunas Harapan Community Health Center, North Curup District.

b. The community service activity was opened by the Head of the Technical Implementation Unit (UPT), represented by the Head of Administration of the Tunas Harapan Community Health Center, North Curup District.
c. Counseling on assisting elderly cadres in treating bloating with hot compresses in the area, with the speaker: Dr. H. Rustam Aji, SKP., M.Kes.

The following is documentation of community outreach activities, complete with explanations of the material. The images shown illustrate the educational process regarding treating bloating using warm compresses on the abdominal area.

Figure 1. Explanation by Speaker: Dr. H. Rustam Aji, SKP., M.Kes

This image captures the participation of elderly cadres and local residents, demonstrating enthusiasm and attentiveness during the session.

Figure 2. Elderly Cadres and Community Members

An interactive session followed the presentation, allowing participants to ask questions and engage in discussions regarding the proper use of warm compresses to relieve abdominal bloating.

Figure 3. Discussion Process

This figure illustrates the active dialogue between the speaker and participants during the Q&A session.

3. Evaluation

Evaluation results after the counseling session showed that two participants from six elderly cadres and four from 21 elderly people were able to correctly demonstrate how to treat bloating with a hot compress on the abdomen.

4. Follow-up Plan

In future community service activities, the proponent will provide a simulation of treating bloating with a hot compress on the abdomen, more broadly for families and the community.

DISCUSSION

The discussion on treating bloating with a hot compress on the abdomen was held at the "Tangguh Sehati Elderly School" in Dusun Sawah Village, within the jurisdiction of the Tunas Harapan Community Health Center, North Curup District. The author will also discuss supporting factors and gaps between theory and reality, including the assessment of abdominal bloating and the ability to redemonstrate treating bloating with a hot compress on the abdomen.

This is in line with research findings (Darsini, 2019), which found that applying warm compresses is beneficial and significantly effective in reducing or managing pain in patients with abdominal colic.This is in line with research findings (Dian, 2022), which found a comparison before and after warm compresses, indicating a reduction in pain levels. Therefore, warm compresses are considered effective in reducing pain levels.

This study aligns with research findings (Fela, 2023), which concluded that applying warm compresses for two days can reduce colic pain. According to the theory, abdominal colic is a recurring abdominal pain originating from the abdominal organs, caused by an infection within the abdominal organs.

Applying warm compresses is a self-help measure. The warming effect of the compresses can cause vasodilation in the blood vessels, which in turn increases blood flow to the tissues, increases the distribution of acids and nutrients to cells, and improves the elimination of substances, all of which can reduce abdominal colic pain (Abdurakman, 2020)

Based on the facts and theories above regarding the treatment of bloating with hot compresses on the abdomen, researchers concluded that the reduction in abdominal colic pain may be due to the transfer of heat by conduction from the surface of the warm water bladder to the stomach area, which improves blood circulation and reduces muscle tension, thereby alleviating the patient's abdominal colic pain.

Applying a warm compress is a self-help measure. The warming effect of the compress can cause vasodilation in blood vessels, which in turn increases blood flow to the tissues, increasing the distribution of acids and nutrients to cells, and improving the elimination of substances, which can reduce abdominal colic pain (Abdurakman, 2020). Based on the facts and theories above, researchers concluded that the reduction in abdominal colic pain may be due to the transfer of heat by conduction from the surface of the warm water bladder to the stomach area, which improves blood circulation and reduces muscle tension, thus alleviating the patient's abdominal colic pain.

CONCLUSIONS

The results of the community service activity revealed that 2 out of 6 elderly cadres and 4 out of 21 elderly participants were able to demonstrate the correct method of treating abdominal bloating using hot compresses. This outcome suggests that further education and support are needed to enhance the knowledge and skills of both elderly cadres and the general public in applying non-pharmacological approaches to health issues, particularly bloating. Therefore, it is recommended that individuals experiencing bloating apply hot compresses independently at home to alleviate symptoms promptly. Educational institutions are expected to use these findings as a basis for developing scientific knowledge in nursing, especially regarding non-pharmacological treatments for abdominal discomfort. In addition, elderly cadres at community health centers are encouraged to continue educating and empowering the public to treat family members especially the elderly using hot compress therapy as a simple and accessible method of care.

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