

ABSTRAK

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Judul : Asuhan Keperawatan Gerontik Pada Pasien *Gout Atritis* Dengan Masalah Manajemen Nyeri Melalui Pendekatan Intervensi Pemberian Air Rebusan Daun Sirsak (*Anona Muricata*) Di UPT PMKS Mojopahit Mojokerto
Pembimbing : Dr. Faisal Ibnu, S. Kep. Ns. M.Kes

Lansia usia ≥ 60 tahun rentan mengalami *gout arthritis* dengan prevalensi global 1-4% dan meningkat 4-6% pada lansia >65 tahun. *Gout* menyebabkan nyeri kronis akibat penumpukan kristal asam urat yang mengganggu aktivitas. Penanganan Nyeri *Gout Atritis* melalui pemberian rebusan ekstrak daun sirsak. Tujuan: untuk menganalisis penerapan efek rebusan ekstrak daun sirsak terhadap penurunan nyeri kronis dengan berfokus pada terapi rebusan air daun sirsak pada *Gout Atritis* di UPT PMKS Mojopahit Mojokerto. Metode: Studi kasus deskriptif kualitatif pada 1 responden lansia *gout arthritis*. Intervensi berupa pemberian rebusan daun sirsak 200 ml 2x/hari pagi dan malam selama 5x24 jam. Pengumpulan data melalui wawancara, observasi PQRST, pemeriksaan fisik, dan kadar asam urat pre-post. Hasil: Setelah intervensi 5 hari, skala nyeri menurun dari 5 menjadi 3, edema lutut kiri hilang, kadar asam urat turun dari 11,7 mg/dL menjadi 10 mg/dL, dan frekuensi BAK meningkat 5-6x/hari tanpa efek samping. Kesimpulan: Rebusan daun sirsak 200 ml 2x/hari efektif menurunkan nyeri, edema, dan asam urat pada lansia *gout arthritis*. Terapi ini dapat menjadi alternatif nonfarmakologis pendamping untuk meningkatkan kemandirian lansia.

Kata kunci: Asuhan keperawatan, Lansia, Rebusan daun sirsak, Nyeri kronis, *Gout arthritis*

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Older adults aged 60 years and older are at risk of developing gouty arthritis, with a global prevalence of 1–4% and a rate of 4–6% among those over 65 years of age. Gout causes chronic pain due to the accumulation of uric acid crystals, which interferes with daily activities. Soursop leaves contain acetogenins and flavonoids that possess anti-inflammatory and diuretic properties and inhibit the xanthine oxidase enzyme. Objective: To determine nursing care for older adults with chronic gouty arthritis pain through the application of soursop leaf decoction therapy at the UPT PMKS Mojopahit in Mojokerto. Method: A qualitative descriptive case study involving 1 elderly respondent with gout arthritis. The intervention consisted of administering 200 ml of soursop leaf decoction twice daily (morning and evening) for 5 days. Data collection was conducted through interviews, PQRS observations, physical examinations, and pre- and post-intervention uric acid level measurements. Results: After a 5-day intervention, the pain scale decreased from 5 to 3, left knee edema resolved, range of motion reached 90°, uric acid levels dropped from 11.7 mg/dL to 10.6 mg/dL, and urinary frequency increased to 5–6 times per day without side effects. Conclusion: A 200-ml soursop leaf decoction taken twice daily is effective in reducing pain, edema, and uric acid levels in elderly patients with gouty arthritis. This therapy can serve as a complementary non-pharmacological alternative to enhance the independence of the elderly.

Keywords: Nursing care, Elderly, Soursop leaf decoction, Chronic pain, Gouty arthritis