

ABSTRAK

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Judul : Analisis Asuhan Keperawatan Lansia Masalah Nyeri Kronis dengan Gout Arthritis Melalui Intervensi Ergonomic Exercise di UPT Pesanggrahan PMKS Majapahit Mojokerto
Pembimbing : Umi Azizah, S. Kep. , Ns. , M. Kes

Orang tua rentan mengalami masalah kesehatan karena saat usia mereka meningkat, tubuh mulai menua. Salah satu masalah kesehatan yang bisa menyebabkan nyeri sendi adalah Gout Arthritis. Terapi non-farmakologis seperti latihan ergonomis terbukti mampu mengurangi tingkat nyeri serta keparahannya. Penelitian ini bertujuan untuk menjelaskan cara memberikan perawatan keperawatan kepada seorang pasien lansia yang berusia 85 tahun, Tn. N yang mengalami nyeri kronis karena gout arthritis di UPT Pesanggrahan PMKS Majapahit Mojokerto. Pendekatan dalam pelayanan perawatan terdiri dari 5 tahap yaitu pengumpulan data, penentuan masalah, perencanaan tindakan, pelaksanaan tindakan, dan penilaian hasil. Diagnosa keperawatan utama yang ditemukan adalah nyeri kronis yang disebabkan oleh kondisi muskuloskeletal kronis. Pasien mengeluh merasakan nyeri dan kaku pada kedua lutut sejak dua tahun terakhir. Nyeri tersebut seperti tertusuk-tusuk, berlokasi di kedua lutut, dengan skala nyeri 7. Nyeri muncul setelah bangun pagi dan semakin memburuk saat bergerak, intensitasnya terus meningkat. Saat nyeri terjadi, Tn. N tampak meringis dan gelisah. Intervensi yang diberikan mencakup pemberian terapi olahraga ergonomis selama tiga hari berturut-turut, pemantauan tanda vital, serta penyuluhan tentang cara mengelola nyeri. Hasil penilaian menunjukkan bahwa skala rasa sakit berkurang dari 7 menjadi 4 dalam waktu 3 hari. Selain itu, ada penurunan gejala menangis dan peningkatan tanda-tanda kehidupan vital. Hasil ini menunjukkan bahwa terapi ergonomix exercise berhasil mengurangi rasa sakit yang berkepanjangan pada lansia yang menderita arthritis gout.

Kata Kunci : Nyeri Kronis, Gout Arthritis, Ergonomic Exercise

ABSTRACT

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Title : Analysis of GNursing Care for Chronic Pain in the Elderly
with Gouty Arthritis Through the Application of
Ergonomic Exercise Interventions at the Pesanggrahan
PMKS Majapahit Mojokerto Health Center
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Older adults are prone to health problems because as they age, their bodies begin to deteriorate. One health problem that can cause joint pain is gouty arthritis. Non-pharmacological therapies, such as ergonomic exercises, have been shown to reduce the level and severity of pain. This study aims to describe how to provide nursing care to an 85-year-old elderly patient, Mr. N, who is experiencing chronic pain due to gouty arthritis at the Pesanggrahan PMKS Majapahit Mojokerto Health Center. The nursing care approach consists of five stages: data collection, problem identification, action planning, implementation of actions, and outcome assessment. The primary nursing diagnosis identified was chronic pain caused by a chronic musculoskeletal condition. The patient complained of pain and stiffness in both knees over the past two years. The pain felt like stabbing, was localized in both knees, and had a pain intensity of 7 on the pain scale. The pain began upon waking in the morning and worsened with movement, with its intensity continuing to increase. When the pain occurs, Mr. N grimaces and appears restless. The interventions provided included ergonomic exercise therapy for three consecutive days, monitoring of vital signs, and education on pain management. The assessment results showed that the pain scale decreased from 7 to 4 within 3 days. In addition, there was a reduction in crying episodes and an improvement in vital signs. These results indicate that ergonomic exercise therapy successfully reduced prolonged pain in older adults suffering from gouty arthritis

Keywords: Chronic Pain, Gouty Arthritis, Ergonomic Exercise