

ABSTRACT

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Study Program : Nursing Professional Program
Title : Analysis of Gerontological Nursing Care in Gout Arthritis Patients Through the Intervention of Bay Leaf Decoction Administration at UPTD Pesanggrahan PMKS Majapahit Mojokerto
Supervisor : Dr. Muhammad Sajidin,S.Kp., M.Kes

Introduction: *Gout arthritis* is a purine metabolism disorder that triggers elevated uric acid levels (*hyperuricemia*), leading to pain, joint stiffness, and limited mobility in the elderly. One potential complementary therapy to reduce uric acid levels is the administration of bay leaf (*Syzygium polyanthum*) decoction, which contains flavonoids, tannins, and essential oils. This study aims to analyze the application of bay leaf decoction therapy on reducing uric acid levels in an elderly patient with *gout arthritis* at UPTD Pesanggrahan PMKS Mojopahit. **Methods:** This study utilized a descriptive case study design focusing on an elderly individual with *gout arthritis*. The intervention consisted of administering 200 ml of bay leaf decoction twice daily for five days, combined with Range of Motion (ROM) exercises, low-purine diet education, and increased water consumption. Data were collected through interviews, observations, physical examinations, and measurements of uric acid levels before and after the intervention. **Results:** After five days of intervention, the client's uric acid levels decreased from 8.8 mg/dL to 8.1 mg/dL. Pain intensity also decreased from a scale of 5 to 3, accompanied by reduced joint stiffness and improved daily mobility. **Discussion:** The administration of bay leaf decoction is effective as a complementary therapy to help reduce uric acid levels, relieve pain, and enhance mobility in the elderly. The success of this intervention was supported by client adherence to consuming the bay leaf decoction, following a low-purine diet, maintaining adequate fluid intake, and performing routine ROM exercises.

Keywords: *gout arthritis*, elderly, bay leaf, uric acid levels, gerontological nursing care.

ABSTRAK

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Program Studi : Profesi Ners

**Judul : Analisis Asuhan Keperawatan Gerontik Pada Pasien
Gout Arthritis Melalui Intervensi Pemberian Rebusan
Daun Salam di UPTD Pesanggrahan PMKS
Majapahit Mojokerto**

Pembimbing : Dr. Muhammad Sajidin,S.Kp., M.Kes

Pendahuluan: *Gout arthritis* merupakan gangguan metabolisme purin yang memicu peningkatan kadar asam urat (*hiperurisemia*), sehingga menimbulkan nyeri, kekakuan sendi, dan keterbatasan mobilitas pada lansia. Salah satu terapi komplementer yang berpotensi menurunkan asam urat adalah pemberian air rebusan daun salam (*Syzygium polyanthum*) karena mengandung flavonoid, tanin, dan minyak atsiri. Penelitian ini bertujuan menganalisis penerapan terapi air rebusan daun salam terhadap penurunan kadar asam urat pada lansia dengan *gout arthritis* di UPTD Pesanggrahan PMKS Mojopahit. Metode: Penelitian menggunakan desain studi kasus deskriptif pada seorang lansia penderita *gout arthritis*. Intervensi berupa pemberian 200 ml air rebusan daun salam dua kali sehari selama lima hari, yang dikombinasikan dengan latihan *Range of Motion* (ROM), edukasi diet rendah purin, serta peningkatan konsumsi air putih. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan pengukuran kadar asam urat sebelum serta sesudah intervensi. Hasil: Setelah lima hari intervensi, kadar asam urat klien turun dari 8,8 mg/dL menjadi 8,1 mg/dL. Skala nyeri juga berkurang dari 5 menjadi 3, disertai penurunan kekakuan sendi dan peningkatan kemampuan mobilisasi harian. Pembahasan: Pemberian air rebusan daun salam efektif sebagai terapi komplementer untuk membantu menurunkan kadar asam urat, meredakan nyeri, dan meningkatkan mobilitas lansia. Keberhasilan intervensi ini didukung oleh kepatuhan klien dalam mengonsumsi rebusan daun salam, menjalankan diet rendah purin, mencukupi asupan cairan, serta melakukan latihan ROM secara teratur.

Kata kunci: *gout arthritis*, lansia, daun salam, kadar asam urat, asuhan keperawatan gerontik.