

ABSTRAK

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Program Studi : Profesi Ners

Judul KIAN : Analisis Asuhan Keperawatan Dengan Masalah Nyeri Kronis Pada Lansia Dengan Gout Arthritis melalui Penerapan Kompres Hangat Bubuk Kayu Manis Di UPT PSTW Kabupaten Jombang

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Gout arthritis pada lansia terjadi akibat pengendapan kristal monosodium urat pada sendi yang menimbulkan inflamasi, nyeri, kekakuan, dan keterbatasan aktivitas. Nyeri kronis yang tidak tertangani dapat menurunkan kenyamanan serta kemandirian lansia. Kompres hangat bubuk kayu manis merupakan terapi komplementer yang memberikan efek hangat, meningkatkan sirkulasi darah, merelaksasi otot, serta berpotensi mengurangi inflamasi. Karya ilmiah ini bertujuan menganalisis asuhan keperawatan pada lansia dengan gout arthritis dan masalah nyeri kronis melalui penerapan kompres hangat bubuk kayu manis. Studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Subjek adalah Tn. S, laki-laki berusia 79 tahun, dengan nyeri kronis pada jari dan pergelangan tangan kanan di UPT PSTW Kabupaten Jombang. Intervensi diberikan selama tiga hari, tanggal 14–16 Maret 2026, satu kali sehari selama 15–20 menit. Nyeri dinilai menggunakan metode PQRST dan *Numeric Rating Scale* 0–10 sebelum dan sesudah tindakan, disertai pemantauan kondisi kulit, kenyamanan, serta kemampuan menggenggam. Pada hari pertama, skala nyeri sebelum dan sesudah intervensi tetap 5, tetapi klien merasa lebih nyaman dan rileks. Hari kedua, skala nyeri menurun dari 5 menjadi 4, disertai berkurangnya pegal dan kekakuan. Hari ketiga, skala nyeri menurun dari 4 menjadi 3; frekuensi nyeri, rasa menusuk, dan kesemutan berkurang, serta klien mulai mampu menggenggam secara perlahan. Tidak ditemukan iritasi atau reaksi alergi pada kulit. Kadar asam urat menurun dari 10 mg/dL menjadi 8 mg/dL. Penerapan kompres hangat bubuk kayu manis menunjukkan perbaikan nyeri, kenyamanan, dan fungsi tangan. Intervensi ini dapat digunakan sebagai terapi pendamping dalam manajemen nyeri kronis pada lansia dengan gout arthritis. Namun, perubahan kadar asam urat tidak dapat dinyatakan sebagai efek langsung intervensi karena durasi penerapan singkat dan hanya melibatkan satu kasus.

Kata kunci: bubuk kayu manis, gout arthritis, kompres hangat, lansia, nyeri kronis.

ABSTRACT

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Study : Professional Nursing Program
Title : Analysis of Nursing Care for Chronic Pain in an Older Adult with Gout Arthritis Through the Application of a Warm Cinnamon Powder Compress at the Technical Implementation Unit of the Social Service Institution for Older Adults, Jombang Regency

Advisor : Ns. Umi Azizah Kusumaningrum, M.Kep.

Gout arthritis in older adults occurs due to the deposition of monosodium urate crystals in the joints, causing inflammation, pain, stiffness, and limitations in daily activities. Inadequately managed chronic pain may reduce the comfort and independence of older adults. A warm cinnamon powder compress is a complementary therapy that provides a warming effect, improves blood circulation, promotes muscle relaxation, and potentially reduces inflammation. This scientific paper aimed to analyze nursing care for an older adult with gout arthritis and chronic pain through the application of a warm cinnamon powder compress. This study used a case study design with a nursing process approach consisting of assessment, nursing diagnosis, planning, implementation, and evaluation. The subject was Mr. S, a 79-year-old man who experienced chronic pain in the fingers and right wrist at the Technical Implementation Unit of the Social Service Institution for Older Adults, Jombang Regency. The intervention was administered once daily for 15–20 minutes over three consecutive days, from March 14 to March 16, 2026. Pain was assessed before and after each intervention using the PQRST method and the 0–10 Numeric Rating Scale. The patient's skin condition, comfort, and ability to grip objects were also monitored. On the first day, the pain score remained at 5 before and after the intervention; however, the patient reported feeling more comfortable and relaxed. On the second day, the pain score decreased from 5 to 4, accompanied by reduced aching and stiffness. On the third day, the pain score decreased from 4 to 3. The frequency of pain, stabbing sensations, and tingling also decreased, and the patient gradually regained the ability to grip objects. No skin irritation or allergic reactions were observed. The uric acid level decreased from 10 mg/dL to 8 mg/dL. The application of a warm cinnamon powder compress was associated with reduced pain, improved comfort, and better hand function. This intervention may be used as an adjunctive therapy in the management of chronic pain among older adults with gout arthritis. However, the decrease in uric acid levels cannot be directly attributed to the intervention because of the short intervention period and the use of a single-case design.

Keywords: chronic pain, cinnamon powder, gout arthritis, older adults, warm compress.