

## ABSTRACT

Alifah Fitri Rizki (2023). *Application of ergonomic gymnastics activity therapy to reduce uric acid levels in the elderly with gout arthritis at UPT PSTW Khusnul Khotimah*. Case Study Scientific Paper, Pekanbaru Nursing DIII Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Idayanti, S.Pd., M.Kes, (II) Ns. Ardenny, M.Kep.

Gout is an acute inflammatory disorder with pain due to the accumulation of monosodium urate crystals in joints and soft tissues in the body with conditions when uric acid levels exceed 3.0 –7.0 mg / dL in men and 2.2 – 5.7 mg / dL in women. Gout can cause several complications if left untreated. Handling gout can be done non-pharmacologically, one of which is by ergonomic gymnastics. The purpose of the study was to determine the Reduction of Uric Acid Levels in the Elderly with Gout Arthritis Before and After Ergonomic Gymnastics Activity Therapy was carried out at UPT PSTW Khusnul Khotimah Riau Provincial Social Office. This research is a descriptive case study with 2 research subjects and will be carried out on April 11-17, 2023. Intervention is carried out 7 times a week. This study used interview, observation and measurement techniques in data collection. Measurements were taken 15 minutes before and after the intervention. Data is presented in narrative form. The results of the study after ergonomic gymnastics intervention, subjects I and II experienced a decrease in uric acid levels in subjects. The results showed the influence of ergonomic gymnastics on reducing uric acid levels in the elderly.

**Keywords:** *Ergonomic Gymnastics, Uric Acid, Elderly, UPT PSTW, Non Pharmacology*