

ABSTRAK

Suci Alisma (2026). *Asuhan Keperawatan pada Lansia Gout Arthritis dengan Masalah Keperawatan Nyeri Akut Di PSTW Husnul Khotimah Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Wiwiek Delvira, S.Kep, M.Kep, (II) Ns. Erni Forwaty, S.Kep., M.Kep.

Gout arthritis merupakan gangguan metabolik akibat tingginya kadar asam urat dalam darah (hiperurisemia) yang memicu penumpukan kristal pada sendi, sehingga menimbulkan nyeri akut hebat. Pada lansia, nyeri akut tidak teratasi dapat mengganggu aktivitas fisik, mobilitas, dan kualitas hidup secara keseluruhan. Studi kasus ini bertujuan melaksanakan asuhan keperawatan secara komprehensif pada lansia penderita gout arthritis dengan masalah nyeri akut di PSTW Husnul Khotimah Pekanbaru. Metode penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada satu subjek lansia perempuan berusia 61 tahun. Berdasarkan pengkajian awal, pasien mengeluhkan nyeri sendi seperti tertusuk-tusuk pada jari tangan dengan skala 6/10 (nyeri sedang) dan kadar asam urat sebesar 7,6 mg/dL. Intervensi keperawatan yang diberikan berfokus pada manajemen nyeri dan terapi kompres hangat, serta edukasi kesehatan mengenai gout arthritis. Setelah implementasi keperawatan dilakukan selama 4 hari kunjungan, skala nyeri pasien menurun secara bertahap dan signifikan dari skala 6 menjadi 1 (nyeri ringan). Kesimpulannya, penerapan manajemen nyeri non farmakologis kompres hangat terbukti efektif mengatasi nyeri akut pada lansia. Studi ini menyarankan institusi panti werdha mengintegrasikan modalitas ini ke dalam standar prosedur operasional pelayanan geriatri, serta peneliti selanjutnya diharapkan dapat melakukan penelitian lanjutan melibatkan skala sampel lebih besar.

Kata Kunci: Gout Arthritis, Lansia, Nyeri Akut, Kompres Hangat, Asuhan Keperawatan.

ABSTRACT

Suci Alisma (2026). Nursing Care for Elderly Patients with Gout Arthritis Experiencing Acute Pain Nursing Problems at PSTW Husnul Khotimah Pekanbaru. Scientific Paper Case Study, Diploma III Nursing Study Program Pekanbaru, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisors (I) Ns. Wiwiek Delvira, S.Kep, M.Kep, (II) Ns. Erni Forwaty, S.Kep., M.Kep.

Gout arthritis is a metabolic disorder resulting from high uric acid levels in the blood (hyperuricemia), which triggers crystal accumulation in the joints, thereby causing severe acute pain. In the elderly, unresolved acute pain can disrupt physical activity, mobility, and overall quality of life. This case study aims to provide comprehensive nursing care for an elderly patient with gout arthritis presenting with acute pain at PSTW Husnul Khotimah Pekanbaru. The research method utilized a descriptive design with a case study approach focused on a single 61-year-old female elderly subject. Based on the initial assessment, the patient complained of a sharp, stabbing joint pain in her fingers, rated at a scale of 6/10 (moderate pain), with a uric acid level of 7.6 mg/dL. Nursing interventions focused on pain management and warm compress therapy, as well as health education regarding gout arthritis. Following four days of implementation visits, the patient's pain scale decreased gradually and significantly from 6 to 1 (mild pain). In conclusion, the application of non-pharmacological pain management using warm compresses is proven effective in managing acute pain in the elderly. This study suggests that nursing homes integrate this modality into their standard operating procedures (SOP) for geriatric services, and future researchers are expected to conduct further studies involving a larger sample size.

Keywords: Gout Arthritis, Elderly, Acute Pain, Warm Compress, Nursing Care.