

ABSTRAK

Gout arthritis merupakan penyakit inflamasi sendi akibat penumpukan kristal asam urat yang sering terjadi pada lansia dan menimbulkan nyeri serta keterbatasan mobilitas. **Tujuan** studi kasus ini untuk menggambarkan pelaksanaan asuhan keperawatan pada lansia dengan gout arthritis yang mengalami masalah keperawatan nyeri akut di PSTW Husnul Khotimah Pekanbaru. Penelitian menggunakan **Metode** studi kasus deskriptif dengan pendekatan proses keperawatan pada satu orang klien selama 4×24 jam. Intervensi yang diberikan meliputi manajemen nyeri, pemantauan tanda vital dan kadar asam urat, latihan Range of Motion (ROM), teknik relaksasi, edukasi penyakit, kepatuhan minum obat, dan diet rendah purin.

Hasil pengkajian menunjukkan klien mengalami nyeri pada sendi kaki kiri dan jari kaki dengan skala nyeri awal 6/10 serta kadar asam urat 9,4 mg/dL. Setelah dilakukan intervensi keperawatan selama empat hari, skala nyeri menurun menjadi 3/10, rasa kesemutan berkurang, kemampuan mobilitas meningkat, dan klien mampu melakukan latihan ROM secara mandiri. Meskipun demikian, kadar asam urat masih berfluktuasi dan berada di atas batas normal.

Kesimpulan: asuhan keperawatan yang diberikan efektif membantu menurunkan nyeri dan meningkatkan mobilitas pada lansia dengan gout arthritis, namun pemantauan kadar asam urat dan edukasi berkelanjutan tetap diperlukan.

Kata kunci: gout arthritis, lansia, nyeri akut, asuhan keperawatan.

ABSTRAK

Gout arthritis is an inflammatory joint disease caused by the accumulation of uric acid crystals, commonly affecting older adults and resulting in pain and impaired mobility. This case study aimed to describe the nursing care provided to an elderly patient with gout arthritis experiencing acute pain at PSTW Husnul Khotimah Pekanbaru. A descriptive case study design using the nursing process approach was conducted on one patient over a period of 4×24 hours. Nursing interventions included pain management, monitoring of vital signs and uric acid levels, Range of Motion (ROM) exercises, relaxation techniques, health education, medication adherence counseling, and a low-purine diet program.

Assessment findings revealed pain in the left foot and toe joints with an initial pain scale of 6/10 and a uric acid level of 9.4 mg/dL. After four days of nursing interventions, the pain scale decreased to 3/10, tingling sensations diminished, mobility improved, and the patient was able to perform ROM exercises independently. However, uric acid levels remained fluctuating and above the normal range.

In conclusion, the nursing care provided was effective in reducing pain and improving mobility in an elderly patient with gout arthritis. Nevertheless, continuous monitoring of uric acid levels and ongoing health education are still required to prevent recurrence and support long-term disease management.

Keywords: gout arthritis, elderly, acute pain, nursing care.