

ABSTRAK

Wulan Dari Apriani Naibaho (2026). Asuhan Keperawatan Pada Klien Gout Arthritis Dengan Masalah Keperawatan Nyeri Akut Di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep. M.B (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep. M.B Penguji (I) Ns. Erni Forwaty, S.Kep., M.Kep (II) Ibu Ns. Wiwiek Delvira, S.Kep., M.Kep

Latar Belakang: Gout arthritis merupakan penyakit inflamasi sendi akibat penumpukan kristal monosodium urat yang ditandai dengan nyeri, bengkak, kemerahan, dan keterbatasan aktivitas. Nyeri akut merupakan masalah keperawatan yang sering muncul pada klien dengan gout arthritis sehingga memerlukan penanganan yang tepat melalui asuhan keperawatan. Tujuan studi kasus ini adalah mendeskripsikan pelaksanaan asuhan keperawatan pada klien gout arthritis dengan masalah keperawatan nyeri akut di wilayah kerja Puskesmas Simpang Tiga Kota Pekanbaru. **Tujuan:** Metode yang digunakan adalah studi kasus deskriptif pada satu orang klien dengan diagnosis medis gout arthritis. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Asuhan keperawatan dilaksanakan selama 5 hari melalui tahapan pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. **Metode:** Hasil pengkajian menunjukkan klien mengeluh nyeri pada sendi lutut dan pergelangan tangan dengan skala nyeri 6 (nyeri sedang), nyeri seperti tertusuk-tusuk, hilang timbul, dan memberat saat pagi hari serta beraktivitas. Diagnosis keperawatan yang ditegakkan adalah nyeri akut berhubungan dengan agen pencedera fisiologis (inflamasi sendi). Intervensi yang diberikan meliputi manajemen nyeri, pemantauan intensitas nyeri, edukasi kesehatan, serta terapi nonfarmakologis berupa kompres hangat. **Hasil** Evaluasi menunjukkan adanya penurunan intensitas nyeri secara bertahap dari skala 6 pada hari pertama menjadi skala 2 pada hari kelima. Klien tampak lebih rileks, gelisah berkurang, dan aktivitas mulai membaik.

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

ABSTRACT

Wulan Dari Apriani Naibaho (2026). Nursing Care for a Client with Gout Arthritis and Acute Pain Nursing Problem in the Working Area of Simpang Tiga Public Health Center, Pekanbaru. Scientific Paper of Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B., Supervisor (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B., Examiner (I) Ns. Erni Forwaty, S.Kep., M.Kep Examiner (II) Ns. Wiwiek Delvira, S.Kep., M.Kep

Background: Gout arthritis is an inflammatory joint disease caused by the accumulation of monosodium urate crystals resulting from elevated uric acid levels in the blood. This condition causes pain, swelling, redness, and limitations in physical activities, which may affect the client's quality of life. Acute pain is one of the most common nursing problems experienced by clients with gout arthritis and requires appropriate management through nursing care. **Objective:** To describe the implementation of nursing care for a client with gout arthritis experiencing acute pain in the working area of Simpang Tiga Public Health Center, Pekanbaru. **Methods:** This study used a descriptive case study design involving one client diagnosed with gout arthritis. Data were collected through interviews, observations, physical examinations, and documentation studies. Nursing care was provided for five days through the stages of assessment, nursing diagnosis, planning, implementation, and evaluation. **Results:** The assessment revealed that the client complained of pain in the knee and wrist joints with a pain scale of 6 (moderate pain), described as stabbing, intermittent, and worsening in the morning and during activities. The nursing diagnosis established was acute pain related to physiological injury agents (joint inflammation). Nursing interventions included pain management, pain intensity monitoring, health education, and non-pharmacological therapy in the form of warm compresses. Evaluation showed a gradual reduction in pain intensity from a scale of 6 on the first day to a scale of 2 on the fifth day. The client appeared more relaxed, experienced less restlessness, and demonstrated improvement in daily activities. **Conclusion:** Nursing care through pain management, health education, and warm compress therapy can help reduce the intensity of acute pain in clients with gout arthritis.

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