

ABSTRAK

Asuhan Keperawatan Gerontik pada Pasien Gout Arthritis dengan Masalah Nyeri Kronis di Wilayah Kerja UPTD Puskesmas Pekan Heran.

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Gout arthritis merupakan penyakit metabolik yang ditandai peningkatan kadar asam urat dalam darah dan sering terjadi pada lansia sehingga menimbulkan nyeri kronis serta gangguan aktivitas sehari-hari. Berdasarkan data UPTD Puskesmas Pekan Heran, jumlah penderita meningkat dari 40 kasus pada tahun 2024 menjadi 56 kunjungan pasien lansia pada tahun 2025. Penelitian ini bertujuan mendeskripsikan asuhan keperawatan gerontik pada pasien gout arthritis dengan masalah nyeri kronis. Penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada satu pasien lansia selama enam hari. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Intervensi meliputi manajemen nyeri, kompres hangat, teknik relaksasi napas dalam, edukasi diet rendah purin, kepatuhan minum obat, serta pengaturan istirahat dan aktivitas. Hasil menunjukkan penurunan intensitas nyeri dari skala 6 menjadi 2, peningkatan kualitas tidur, kemampuan aktivitas sehari-hari, dan pemahaman pasien mengenai pengelolaan gout arthritis. Disimpulkan bahwa asuhan keperawatan gerontik efektif membantu mengurangi nyeri dan meningkatkan kualitas hidup pasien, meskipun hasil belum sepenuhnya optimal. Disarankan pasien menerapkan pola hidup sehat dan kontrol rutin, sedangkan perawat meningkatkan edukasi berkelanjutan untuk mencegah kekambuhan.

Kata Kunci: Asuhan Keperawatan Gerontik, Gout Arthritis, Nyeri Kronis

ABSTRACT

Gerontic Nursing Care for Elderly Patients with Gout Arthritis and Chronic Pain at the Working Area of UPTD Pekan Heran Public Health Center.

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Gout arthritis is a metabolic disease characterized by elevated uric acid levels in the blood and commonly affects older adults, causing chronic pain and limitations in daily activities. Based on data from UPTD Pekan Heran Public Health Center, the number of gout arthritis cases increased from 40 cases in 2024 to 56 elderly patient visits in 2025. This study aimed to describe gerontic nursing care for an elderly patient with gout arthritis experiencing chronic pain. This study employed a descriptive case study design involving one elderly patient over a six-day period. Data were collected through interviews, observations, physical examinations, and documentation. The nursing process included assessment, nursing diagnosis, intervention planning, implementation, and evaluation. The interventions consisted of pain management, warm compress therapy, deep breathing relaxation techniques, health education on a low-purine diet and medication adherence, as well as recommendations for adequate rest and appropriate physical activity. The results showed a reduction in pain intensity from a Numeric Rating Scale (NRS) score of 6 to 2, decreased facial grimacing, improved sleep quality, increased ability to perform daily activities, and better patient understanding of gout arthritis management and recurrence prevention. It can be concluded that gerontic nursing care was effective in reducing chronic pain, improving comfort, enhancing functional ability, and improving the patient's quality of life, although the outcomes were not yet fully optimal.

Keywords: Gerontic Nursing Care, Gout Arthritis, Chronic Pain