

ABSTRAK

**ASUHAN KEPERAWATAN GERONTIK NYERI AKUT PADA LANSIA
PENDERITA GOUT ARTHRITIS DI DESA TURI LAMONGAN**

Penelitian Studi Kasus Di Wilayah UPT Puskesmas Turi Lamongan

Oleh : Rizky Nur Amalia Gestiafani

Pendahuluan: Arthritis gout atau asam urat merupakan kelompok penyakit heterogen sebagai akibat deposisi *kristal monosodium* urat pada jaringan atau akibat supersaturasi asam urat di dalam cairan ekstraseluler. Akibat dari peninggian kadar urat dapat menyebabkan Nyeri Akut. Data dari Puskesmas Turi Lamongan terjadi peningkatan kasus asam urat. Tujuan dari penelitian adalah untuk melaksanakan Asuhan Keperawatan Gerontik pada klien asam urat dengan Nyeri akut di wilayah kerja UPT Puskesmas Turi Lamongan. **Metode:** Metode penelitian yang digunakan studi kasus jenis metode penelitian diskripsi. Subjek penelitian satu klien lansia dengan masalah keperawatan Nyeri akut pada kasus asam urat. Pengumpulan data didapatkan melalui wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Data yang didapatkan dianalisa dengan membandingkan teori dan kasus. **Hasil:** Hasil penelitian terdiri dari 5 tahap. Tahap pengkajian terdapat kesenjangan pada pemeriksaan ekstremitas tidak ada oedema dan tidak terdapat hipertermi, tahap diagnose tidak terdapat kesenjangan ditemukan 2 diagnosa keperawatan nyeri akut dan gangguan mobilitas fisik. Intervensi dan pelaksanaan tindakan telah dilakukan Teknik distraksi relaksasi nafas dalam dan kompres air hangat. Tahap evaluasi hasil menunjukkan masalah teratasi sebagian dengan skala nyeri 3 dikarenakan Gout Arthritis tidak dapat sembuh secara total.

Diskusi: Disarankan bagi klien untuk melakukan distraksi relaksasi nafas dalam dan kompres air hangat saat nyeri muncul. Bagi perawat dapat memberikan edukasi dalam mengurangi nyeri dan memantau perkembangan keluhan nyeri agar masalah keperawatan dapat teratasi.

Kata kunci : *Keperawatan Gerontik, Nyeri Akut, Asuhan Keperawatan Gerontik*

ABSTRACT

NURSING CARE OF ACUTE PAIN GERONTICS ON ELDERLY PATIENTS OF GOUT ARTHRITIS IN TURI LAMONGAN VILLAGE

A Case Study in Operational Area of Technical Implementation Unit of Community Health Center of Turi Lamongan

By: Rizky Nur Amalia Gestiafani

Introduction: Gout Arthritis is a heterogeneous group of diseases resulting from deposition of uric monosodium crystals in tissues or due to super-saturation of uric acid in extracellular fluid. As a result of elevated uric level, acute pain occurs. Data from Community Health Center of Turi Lamongan revealed that there were increased cases of gout. The objective of this research was to carry out Nursing Care for clients with acute pain Gerontics in the operational area of Community Health Center of Turi Lamongan. **Method:** A case study with the type of description research was used. The research subject was one elderly client with nursing problem of acute pain in gout case. Data collections were conducted through interviews, observations, physical examinations, and documentation reviews. The data obtained were then analyzed by comparing the theories and the case. **Results:** The research results consisted of 5 stages. The assessment stage had a gap in the examination of the extremities as there was no edema and no hyperthermia and the diagnosis stage had no gap. 2 diagnoses of acute pain and physical mobility disorder were found. Interventions have been done through deep breathing relaxation technique distraction and warm water compress. The result of evaluation stage showed that the problem was partially resolved with a pain scale of 3, because Gout Arthritis could not recover completely. **Discussion:** It is recommended for the client to perform deep breathing relaxation distraction and warm water compress when pain occurs. For nurses, they are expected to provide education in reducing pain and monitor the development of pain complaint, so the nursing problem can be overcome.

Keywords: Gerontics Nursing, Acute Pain, Gerontics Nursing Care