

POLITEKNIK KESEHATAN TAN JUNGKARANG
PRODI KEPERAWATAN KOTABUMI
LAPORAN TUGAS AKHIR

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Asuhan Keperawatan Keluarga dengan Gangguan Aman Nyaman pada Kasus Gout Arthritis Terhadap Tn. S di Desa Bandar Putih Wilayah Kerja Puskesmas Kotabumi II Kabupaten Lampung Utara Tanggal 21-23 Februari 2022

xvi, 65 halaman, 8 tabel, 3 gambar

RINGKASAN

Penyakit asam urat atau biasa dikenal sebagai *Gout Arthritis* merupakan suatu penyakit yang diakibatkan karena penimbunan Kristal monosodium asam urat di dalam tubuh. Faktor risiko yang menyebabkan orang terserang penyakit asam urat yaitu usia, asupan senyawa purin berlebihan, konsumsi alkohol berlebihan, kegemukan (obesitas), kurangnya aktivitas fisik, hipertensi dan penyakit jantung, obat-obatan tertentu dan gangguan fungsi ginjal. Berdasarkan data di Puskesmas Kotabumi II Kotabumi Lampung Utara jumlah penderita *Gout Arthritis* pada tahun 2020 sebanyak 803, tahun 2021 sebanyak 466 dan pada Januari hingga Februari penderita *Gout Arthritis* sebanyak 111. Tujuan Penulis menulis laporan ini agar mampu memberikan gambaran Asuhan Keperawatan Keluarga dengan Gangguan Aman Nyaman: Nyeri Akut pada Kasus *Gout Arthritis* terhadap Individu Tn. S di Wilayah Kerja Puskesmas Kotabumi II Lampung Utara.

Dari hasil pengkajian pada kasus ini didapatkan data yaitu klien merasakan nyeri pada lutut hingga telapak kaki, nyeri seperti ditusuk-tusuk, kram dan kesemutan. TD 110/80 mmHg, hasil GCU 9,8 mg/dl yang menyebabkan klien nyeri sehingga merasa tidak nyaman. Nyeri persendian pada kedua kaki saat melakukan aktivitas, makan-makanan yang mengandung tinggi purin, tidur selama 6 jam/hari, aktivitas dilakukan secara mandiri tetapi khawatir akan terjatuh dan berakhir fatal karena merasakan nyeri saat beraktivitas.

Diagnosa Keperawatan yang muncul pada klien yaitu Nyeri Akut, Gangguan Mobilitas Fisik dan Defisit Pengetahuan, yang kemudian dilakukan prioritas masalah pada ketiga diagnosa ini dan diagnosa nyeri akut mendapatkan nilai tertinggi setelah diprioritaskan dengan metode (Achjar, 2010). Hasil skor adalah 6. Perencanaan dan implementasi tindakan keperawatan seperti diantaranya SLKI: Kontrol nyeri, Mobilitas fisik dan tingkat pengetahuan. SIKI: Manajemen nyeri, dukungan ambulasi, dan edukasi kesehatan. Evaluasi pada hari pertama yang dilaksanakan TUK 1 dan TUK 2 yang tercapai adalah TUK 2, pada hari kedua yang dilaksanakan TUK 1 dan TUK 3 yang tercapai adalah TUK 1, pada hari ketiga yang dilaksanakan TUK 3, 4, 5 dan yang teratasi sebagian adalah TUK 4.

Kesimpulan Laporan ini Proses keperawatan *Gout Arthritis* sesuai kondisi klien. Saran diharapkan dapat dijadikan sebagai acuan dalam melakukan proses Asuhan Keperawatan baik bagi bidang keilmuan maupun praktisi keperawatan di rumah sakit.

Katakunci : Gout Arthritis dengan Nyeri akut
Sumber bacaan : 15 (2013-2020)

POLYTECHNIC OF HEALTH TANJUNGPUR
KOTABUMI NURSING PRODUCTS
FINAL TASK REPORT

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Nursing Care for Gout Arthritis in Mr. S with Safe and Comfortable Disorders in the case of Gout Arthritis Mr. S in the Work Area of the Kotabumi II Health Center in North Lampung, February 21-23, 2022

xvi, 65 pages, 8 tables, 3 picture

ABSTRACT

Gout or commonly known as Gout Arthritis is a disease caused by the accumulation of monosodium urate crystals in the body. Risk factors that cause people to develop gout are age, excessive intake of purine compounds, excessive alcohol consumption, obesity (obesity), lack of physical activity, hypertension and heart disease. Gout disease is not fully understood by the public due to a lack of knowledge and public awareness in paying attention to health as there are still many people who consume food without paying attention to the food. In addition, excessive activity factors can also have a negative impact and support the complications of gout. Elderly are advised to control by consuming foods that are high in purines and are recommended to consume food with more complex carbohydrates such as : rice, cassava, sweet potatoes. Based on data in Puskesmas II Kotabumi Utara Lampung, the number of gout arthritis sufferers in 2020 was 803 sufferers in 2021 was 466 sufferers and January to February was 111 sufferers. The author is interested in writing this report in order to be able to provide an overview of Family Nursing Care with Safe Disorders Comfortable : Acute Pain in Cases Of Gout Arthritis for individualis in Kotabumi II Public Health Center , North Lampung.

From the results of the assessment in this case the data obtained is that the client feels pain in the joints of the legs and swelling in the leg, look reddish rash, pain feels hot and tingling, TD 110/80 mmHg, GCU result 9,8 mg/dl which causes the client to feel pain so that they feel uncomfortable. Joint pain in the both legs when doing activities carried out independently but worried about falling and ending fatal because they feel pain during activity.

Nursing diagnoses that appear on the client are acute pain, impaired physical mobility and knowledge deficits, which then make priority problems in these three diagnoses and diagnosis of acute pain gets the highest value after prioritizing the method (Achjar, 2010). The results of scoring are 6. Planning and implementing nursing actions such as among IDHS : Pain control, physical mobility and health education. Evaluation on the first day that was carried out by TUK 1 and TUK 2 that was achieved was TUK 2, on the second day that was carried out by TUK 1 and TUK 3 that which was TUK 1, on the third day which was carried out by TUK 3,4,5 and partially overcome was TUK 4.

Conclusion This report The Nursing process of Gout Arthritis is according to the client's condition. Suggestions are expected to be used as a reference in the process of nursing care for both the scientific field and nursing practitioner at the Hospital.

Keywords : Gout Arthritis with Acute Pain
Readingsource : 15 (2013-2020)