

**POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN
TANJUNGPURUSAN JURUSAN KEPERAWATAN
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI**

Karya Tulis Ilmiah, Mei 2024

Nur Riska Sari,

**PENERAPAN TERAPI KOMPRES JAHE HANGAT TERHADAP
PENURUNAN SKALA NYERI PADA PENDERITA GOUT ATHRITIS
(ASAM URAT) DI WILAYAH KERJA PUSKESMAS KOTABUMI II,
LAMPUNG UTARA**

xix + 97 halaman + 10 tabel + 4 gambar + 3 lampiran

ABSTRAK

Orang yang mengalami peningkatan Asam urat akan mengalami nyeri di persendian sehingga menurunkan kemampuan klien untuk dapat beraktivitas dengan optimal. Tujuan laporan tugas akhir ini adalah agar peneliti dapat memperoleh hasil dari Penerapan Terapi Kompres Jahe Hangat Terhadap Penurunan Skala Nyeri Pada Penderita *Gout Arthritis* (Asam Urat) Di Wilayah Kerja Puskesmas Kotabumi II Lampung Utara. Desain penelitian ini adalah study kasus terhadap lansia yang mengalami nyeri dibagian lutut kaki sebelah kanan. Hasil pengkajian didapatkan : Klien mengatakan nyeri seperti ditusuk-tusuk, terasa kram dan kaku, skala nyeri 7 (0-10), nyeri dirasakan ketika bangun tidur di pagi hari, hilang saat klien beristirahat dan bertambah ketika klien melakukan aktivitas, klien merasa cemas dengan penyakitnya, kekuatan otot menurun, fungsi penglihatan menurun, dan klien mengatakan tidak mengetahui tentang penyakit asam urat yang dideritanya. Diagnosa yang ditegakan yaitu nyeri akut. SLKI: tingkat nyeri. Dengan SIKI: manajemen nyeri. Implementasi yang diberikan yaitu mengidentifikasi lokasi, karakteristik, durasi, kualitas, frekuensi dan skala nyeri, mengidentifikasi kesiapan dan kemampuan menerima informasi, mengidentifikasi area lingkungan yang dapat menyebabkan cedera. Evaluasi selama tiga hari nyeri akut teratasi sebagian. Saran untuk klien dapat mengurangi mengkonsumsi makanan tinggi purin, serta dapat menerapkan terapi komplementer kompres jahe hangat.

Kata kunci: Gout Arthritis, Kompres Jahe Hangat, Nyeri Akut

Sumber bacaan: 19 (2015-2023)

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Nur Riska Sari,

**IMPLEMENTATION OF WARM GINGER COMPRESS THERAPY TO
REDUCE THE SCALE OF PAIN IN PATIENTS WITH GOUT ATHRITIS
(URIC ACID) IN THE WORKING AREA OF THE KOTABUMI II
PUSKESMAS, NORTH LAMPUNG**

xix + 97 pages + 10 table + 4 picture + 3 appendices

ABSTRACT

People who experience increased uric acid will experience pain in the joints, thereby reducing the client's ability to carry out optimal activities. The purpose of this final project report is so that researchers can obtain results from the application of warm ginger compress therapy to reduce the scale of pain in sufferers of gout, arthritis (gout) in the working area of Kotabumi II Health Center, North Lampung. The design of this research is a case study of elderly people who experience pain in the knee of the right leg. The results of the assessment were: The client said the pain was like being stabbed, felt crampy and stiff, the pain scale was 7 (0-10), the pain was felt when waking up in the morning, disappeared when the client rested and increased when the client did activities, the client felt anxious about the disease, muscle strength decreases, visual function decreases, and the client says he does not know about the gout he is suffering from. The diagnosis made was acute pain. SLKI: pain level. With SIKI: pain management. The implementation provided is identifying the location, characteristics, duration, quality, frequency and scale of pain, identifying readiness and ability to receive information, identifying environmental areas that can cause injury. Three day evaluation of acute pain partially resolved. Advice for clients is to reduce consumption of foods high in purine, and to apply complementary therapy with warm ginger compresses.

Keywords: Gouty Arthritis, Warm Ginger Compress, Acute Pain

Reading source: 19 (2015-2023)