

Merita Sari,

Asuhan Keperawatan Gerontik Dengan Gangguan Kebutuhan Rasa Aman Nyaman Pada Kasus Gout Arthritis Terhadap Ny. S di Desa Bandar Putih Kecamatan Kotabumi Selatan Kabupaten Lampung Utara Tanggal 21-23 Februari 2022

Xvii +62 halaman, 7 tabel, 3 gambar

RINGKASAN

Gout arthritis adalah suatu proses inflamasi yang terjadi karena deposisi kristal asam urat pada jaringan sekitar sendi. *World Health Organization* menyebutkan prevalensi *gout arthritis* di dunia sebanyak 34,2%. Data (Risksdes, 2021) di Lampung 14,5%. Data di Puskesmas II Kotabumi Lampung Utara jumlah penderita *gout arthritis* Tahun 2020-2022 sebanyak 111 penderita. Penyakit *gout arthritis* ini tidak termasuk 10 besar di Lampung tetapi dampak dari penyakit asam urat adalah terganggunya aktivitas karena nyeri.

Tujuan penulisan Laporan tugas akhir ini memberikan gambaran tentang asuhan keperawatan Gerontik Dengan Gangguan Kebutuhan Rasa Aman Nyaman Pada Kasus Gout Arthritis Terhadap Ny.S di Desa Bandar Putih Kecamatan Kotabumi Selatan Kabupaten Lampung Utara Tanggal 21-23 Februari 2022.

Diagnosa keperawatan menurut SDKI meliputi: nyeri kronis, gangguan mobilitas fisik, gangguan pola tidur. Perencanaan keperawatan meliputi luaran : Kontrol nyeri meningkat, mobilitas fisik meningkat, dan pola tidur membaik. Intervensi: Manajemen nyeri, dukungan mobilisasi, dukungan tidur. Implementasi yang dilakukan Identifikasi lokasi, karakteristik, durasi, frekuensi, kualitas, intensitas nyeri, identifikasi skala nyeri, Identifikasi respons nyeri non verbal, Identifikasi faktor yang memperberat dan memperigan nyeri, Identifikasi pengetahuan dan keyaninan tentang nyeri, Monitor keberhasilan terapi komplementer yang sudah diberikan, jelaskan penyebab, periode, dan pemicu nyeri, anjurkan memonitor nyeri secara mandiri, ajarkan terknik nonfarmakologis untuk mengurangi rasa nyeri, monitor TTV. Evaluasi yang dilaksanakan selama 3 hari nyeri kronis teratasi sebagian, gangguan mobilitas fisik dan gangguan pola tidur teratasi

Saran dan laporan ini diharapkan Puskesmas kotabumi II kedepannya lebih meningkatkan penyuluhan tentang *gout arthritis* untuk menunjang proses pengetahuan klien, mengkoordinasi asuransi kesehatan dan juga menganjurkan klien mengkonsultasikan perawatan yang bisa dilakukan di rumah.

Kata kunci : Asuhan Keperawatan Gerontik, Gout Arthritis, Rasa nyaman
Daftar bacaan : 20 (2008-2021)

*TANJUNG KARANG HEALTH POLYTECHNIC OF
NURSING PROGRAM KOTABUMI
Final Project Report, 21 February 2022*

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*Gerontic Nursing with Disturbed Need for Comfort in Gout Arthritis Cases
against Ny. S in Bandar Putih Village, Kotabumi Selatan District, North Lampung
Regency, 21-23 February 2022*

Xvii +62 pages, 7 tables, 3 pictures

ABSTRACT

Gout arthritis is an inflammatory process that occurs due to the deposition of uric acid crystals in the tissues around the joints. World Health Organization states that the prevalence of gouty arthritis in the world is 34.2%. Data (Riskesdes, 2021) in Lampung is 14.5%. Data at Puskesmas II Kotabumi, North Lampung, the number of patients with gout arthritis in 2020-2022 was 111 sufferers. Gout arthritis is not included in the top 10 in Lampung, but the impact of gout is the disruption of activities due to pain.

The purpose of writing this final report is to provide an overview of gerontic nursing care with impaired comfort and safety needs in the case of Gout Arthritis against Ny.S in Bandar Putih Village, Kotabumi Selatan District, North Lampung Regency, 21-23 February 2022.

Nursing diagnoses according to the IDHS include: pain chronic, impaired physical mobility, disturbed sleep patterns. Nursing plans include outcomes: increased pain control, increased physical mobility, and improved sleep patterns. Interventions: Pain management, mobilization support, sleep support. Implementation carried out Identification of location, characteristics, duration, frequency, quality, intensity of pain, identification of pain scale, Identification of non-verbal pain responses, Identification of factors that exacerbate and relieve pain, Identification of knowledge and beliefs about pain, Monitor the success of complementary therapies that have been given, explain the cause, period, and triggers of pain, recommend monitoring pain independently, teach non-pharmacological techniques to reduce pain, monitor TTV. The evaluation was carried out for 3 days when chronic pain was partially resolved, physical mobility disorders and sleep pattern disorders were resolved

It is hoped that this report will improve the Kotabumi II Public Health Center in the future to increase education about gout arthritis to support the client's knowledge process, coordinate health insurance and also encourage clients to consult appropriate treatments. can be done at home.

*Keywords: Nursing Care, Gout Arthritis, Comfort Reading
source: 20 (2008-2021)*