

POLITEKNIK KESEHATAN TANJUNGPUR
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Mei 2023

TRYSIA LIANA

Asuhan Keperawatan Keluarga Dengan Gangguan Aman Nyaman Pada Kasus Gout Arthritis Terhadap Tn.Z Di Desa Mulang Maya Kecamatan Kotabumi Selatan Kabupaten Lampung Utara Tanggal 31 Oktober-02 November 2022

xvi + 69 halaman, 11 tabel, 4 gambar , 2 Lampiran

RINGKASAN

Prevalensi penyakit Gout Arthritis berdasarkan diagnose tenaga kesehatan di Indonesia sebanyak 11,9% dan berdasarkan diagnose atau gejala sebanyak 24,7%, prevalensi tertinggi pada umur di atas 57 tahun sebanyak 18,9%, penderita wanita sebanyak 8,5% dan penderita Gout Arthritis pada pria sebanyak 6,1%. Kasus Gout Arthritis di Provinsi Lampung pada tahun 2013 sebanyak 11,5% dan mengalami penurunan pada tahun 2018 berjumlah 7,61%. Dilihat dari data laporan tahunan Puskesmas Kotabumi II di Kabupaten Lampung Utara penderita Gout Arthritis mengalami peningkatan tahun 2021 sebanyak 466 kasus, tahun 2022 sebanyak 660 kasus dan pada tahun 2023 periode Januari-Maret sebanyak 224 kasus. Rumusan masalah LTA ini adalah bagaimana gambaran asuhan keperawatan keluarga dengan gangguan aman nyaman pada kasus gout arthritis terhadap Tn.Z.

Tujuan laporan tugas akhir ini diketahui gambaran asuhan keperawatan keluarga dengan gangguan aman nyaman pada kasus gout arthritis terhadap Tn.Z di Desa Mulang Maya wilayah kerja Puskesmas Kotabumi II Lampung Utara.

Hasil pengkajian didapatkan : Klien mengatakan nyeri pada lutut bagian kanan skala nyeri 7 (0-10), nyeri berdenyut sehingga sulit untuk melakukan aktivitas, lutut tampak bengkak dan merah, klien mengalami kesulitan tidur, klien tidur diatas jam 23.00 wib, dan ketika tidur klien sering terbangun karena nyeri pada lutut bagian kanan, TD: 160/95 mmhg, N:88x, S:36,2°C, RR: 20x/menit, Asam urat: 12,5mg/dl. Kandung mata klien tampak hitam, klien memegang lutut, klien tampak gelisah, klien meringis dan gerakan klien terbatas. Berdasarkan pengkajian didapatkan diagnosa Nyeri kronis, Gangguan mobilitas fisik, dan Gangguan pola tidur. Intervensi dan implementasi keperawatan terhadap Tn.Z meliputi 5 TUK yaitu : TUK 1 keluarga mampu mengenal, masalah, TUK 2 keluarga mampu mengambil keputusan, TUK 3 keluarga mampu merawat, TUK 4 keluarga mampu memelihara kesehatan, TUK 5 keluarga mampu memanfaatkan fasilitas kesehatan. Evaluasi yang dilakukan selama 3 hari perawatan, keluarga dapat memahami TUK 1,2,3,4,5, tetapi untuk masalah nyeri tidak teratasi skala nyeri 7.

Simpulan : Setelah dilakukan asuhan keperawatan pada Tn.Z didapatkan gambaran asuhan keperawatan secara nyata sesuai dengan SDKI, SLKI, SIKI. Saran : Diharapkan perawat Puskesmas Kotabumi II dapat melakukan asuhan keperawatan didalam menegakkan diagnosa berdasarkan skoring dapat menentukan intervensi yang tepat.

Kata Kunci : Asuhan Keperawatan Keluarga, Aman Nyaman, Gout Arthritis
Sumber Bacaan : 20. (2014-2022)

TANJUNGPURANG HEALTH POLYTECHNIC
KOTABUMI NURSING STUDY PROGRAM
Final Project Report, May 2023

TRYSIA LIANA

Nursing Care for Families with Disorders Safe and Comfortable in the Case of Gout Arthritis Against Tn.Z in Mulang Maya Village, Kotabumi Selatan District, North Lampung Regency, October 31-November 02, 2022

xvi + 69 pages, 11 tables, 4 picture, 2 Attachment

ABSTRACT

The prevalence of Gout Arthritis based on diagnoses by health workers in Indonesia is 11.9% and based on diagnoses or symptoms of 24.7%, the highest prevalence is at the age of over 57 years of 18.9%, female patients are 8.5% and sufferers of Gout Arthritis in men is 6.1%. Cases of Gout Arthritis in Lampung Province in 2013 were 11.5% and decreased in 2018 amounting to 7.61%. Judging from the annual report data at the Kotabumi II Health Center in North Lampung Regency, sufferers of Gout Arthritis experienced an increase in 2021 as many as 466 cases, in 2022 there were 660 cases and in 2023 in the January-March period there were 224 cases. The formulation of the LTA problem is how to describe nursing care families with safe Yemen disorders in cases of gout arthritis against Mr. Z.

The purpose of this final project report is to know the description of family nursing care with safe and comfortable disturbances in the case of gout arthritis towards Tn.Z in the village of Mulang Maya, working area of the Kotabumi II Public Health Center, North Lampung.

The results of the study were obtained: The client said pain in the right knee on a pain scale of 7 (0-10), throbbing pain making it difficult to carry out activities, the knee looked swollen and red, the client had difficulty sleeping, the client slept after 11:00 p.m., and when the client sleeps often awakens because of pain in the right knee, BP: 160/95 mmhg, N: 88x, S: 36.2 °C, RR: 20x/minute, Uric acid: 12.5 mg/dl. The client's eye bags appear black, the client holds the knee, the client looks restless, the client grimaces and the client's movements are limited. Based on the study, a diagnosis of chronic pain, impaired physical mobility, and disturbed sleep patterns was found. 2 families are able to make decisions, TUK 3 families are able to care, TUK 4 families are able to maintain health, TUK 5 families are able to take advantage of health facilities. Evaluations carried out for 3 days of treatment, families can understand Tuk 1,2,3,4,5, but pain problem is not resolved pain scale 7.

Conclusion: After providing nursing care to Tn.Z, a real picture of nursing care was obtained according to the SDKI, SLKI, SIKI.

Keywords : Family Nursing Care, Safe and Comfortable, Gout Arthritis
Reading Source : 20. (2014-2022)