

**ASUHAN KEPERAWATAN PASIEN *GOUT ARTHRITIS*
DENGAN MASALAH NYERI KRONIS MENGGUNAKAN
KOMPRES JAHE DAN REBUSAN DAUN SALAM
DI CIPAYUNG JAKARTA TIMUR**

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ABSTRAK

Gout arthritis merupakan penyakit tidak menular akibat gangguan metabolisme purin yang menyebabkan penumpukan kristal asam urat pada sendi, sehingga menimbulkan nyeri kronis. Menurut data WHO (2023), prevalensi *gout arthritis* global mencapai 33,3%, dengan Indonesia menempati posisi signifikan yaitu 35%, khususnya pada laki-laki usia >45 tahun. Penelitian ini bertujuan untuk mengevaluasi efektivitas terapi kombinasi kompres jahe dan rebusan daun salam terhadap nyeri kronis pada pasien *gout arthritis*. Tinjauan teori menunjukkan jahe mengandung gingerol dan shogaol bersifat antiinflamasi dan analgesik, sementara daun salam mengandung flavonoid dan eugenol yang menurunkan kadar asam urat dan meredakan nyeri. Metode penelitian yang digunakan adalah studi kasus asuhan keperawatan terhadap pasien *gout arthritis* di Kecamatan Cipayung, Jakarta Timur, selama tujuh hari. Intervensi dilakukan dua kali sehari melalui kompres jahe dan konsumsi rebusan daun salam. Pengukuran nyeri dilakukan dengan skala NRS (Numeric Rating Scale) sebelum dan sesudah intervensi. Hasil penelitian menunjukkan penurunan nyeri yang signifikan, dari skala 5 menjadi skala 1 setelah tujuh hari terapi. Pembahasan menunjukkan bahwa intervensi herbal mampu meningkatkan vasodilatasi, memperlancar sirkulasi darah, serta menghambat inflamasi secara efektif. Kesimpulan: Terapi kompres jahe dan rebusan daun salam terbukti efektif dalam menurunkan nyeri kronis pada pasien *gout arthritis* dan dapat menjadi intervensi nonfarmakologis dalam praktik keperawatan medikal bedah.

Kata kunci: *Gout arthritis*, kompres jahe, rebusan daun salam.

Nursing Care of Gout Arthritis Patients with Chronic Pain Through Ginger Compress and Bay Leaf Decoction Intervention in Cipayung, East Jakarta

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ABSTRACT

Gout arthritis is a non-communicable disease caused by a purine metabolism disorder, leading to the accumulation of uric acid crystals in the joints and resulting in chronic pain. According to WHO data (2023), the global prevalence of gout arthritis reaches 33.3%, with Indonesia showing a significant rate of 35%, particularly among males over 45 years old. This study aims to evaluate the effectiveness of a combination therapy using ginger compresses and bay leaf decoction in reducing chronic pain in patients with gout arthritis. Theoretical review indicates that ginger contains gingerol and shogaol, which have anti-inflammatory and analgesic properties, while bay leaves contain flavonoids and eugenol that help lower uric acid levels and relieve pain. The research method used was a case study of nursing care for a patient with gout arthritis in the Cipayung District, East Jakarta, conducted over seven days. The intervention consisted of twice-daily ginger compresses and consumption of bay leaf decoction. Pain levels were measured using the Numeric Rating Scale (NRS) before and after the intervention. Results showed a significant reduction in pain, from a score of 5 to 1 after seven days of therapy. The discussion highlights that herbal interventions promote vasodilation, improve blood circulation, and effectively inhibit inflammation. Conclusion: Ginger compresses and bay leaf decoction are proven effective in reducing chronic pain in patients with gout arthritis and may serve as a non-pharmacological intervention in medical-surgical nursing practice.

Keywords: *Gout arthritis, ginger compress, bay leaf decoction.*