

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA TN.F DENGAN MASALAH KEPERAWATAN NYERI AKUT ASAM URAT(*GOUT*) DENGAN INTERVENSI *ISOMETRIC EXERCISE* PADA LANSIA DI RPL TITIAN BENTENG GADING

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Latar belakang: Fenomena peningkatan jumlah lansia secara global, termasuk di Indonesia, berdampak pada meningkatnya prevalensi penyakit degeneratif, salah satunya adalah asam urat (*gout*). Penyakit ini menimbulkan keluhan nyeri sendi yang signifikan dan mengganggu aktivitas sehari-hari lansia. Salah satu pendekatan non-farmakologis yang terbukti efektif untuk mengatasi keluhan nyeri akibat asam urat (*gout*) adalah *isometric exercise*. **Tujuan** untuk menganalisis asuhan keperawatan pada lansia dengan nyeri akut akibat asam urat (*gout*) menggunakan intervensi *isometric exercise*. **Metode:** Penelitian dilakukan pada Tn. F, salah satu pasien Rumah Perawatan Lansia Titian Benteng Gading yang mengalami kadar asam urat (*gout*) dan nyeri akut pada sendi. Instrument penelitian menggunakan *Numeric Ranting Scale* (NRS) dan alat pengukur asam urat (*gout*) *Easy Touch*. Intervensi *Isometric Exercise* diberikan setiap hari 1x20 menit selama 7 hari. **Hasil** intervensi menunjukkan penurunan intensitas nyeri, dari skala nyeri 6 menjadi 2. Kadar asam urat (*gout*) menurun dari 8,4 mg/dl menjadi 6,3 mg/dl. **Kesimpulan :** *Isometric exercise* terbukti menjadi salah satu terapi komplementer yang efektif, aman, mudah diterapkan, serta memberikan manfaat signifikan dalam penurunan kadar asam urat (*gout*) dan pengurangan nyeri sendi pada lansia *Isometric Exercise* dapat meningkatkan metabolisme mitokondria dan produksi ATP untuk meningkatkan tonus otot polos ekstremitas, serta merangsang produksi endorphen mengurangi nyeri.

Kata kunci: Asam Urat, *Isometric Exercise*, Keperawatan Gerontik, Lansia, Nyeri Akut.

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ABSTRACT

NURSING CARE ANALYSIS OF MR. F WITH ACUTE GOUT PAIN NURSING PROBLEMS USING ISOMETRIC EXERCISE INTERVENTION IN THE ELDERLY AT RPL TITIAN BENTENG GADING

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Background: The global increase in the elderly population, including in Indonesia, has led to an increase in the prevalence of degenerative diseases, one of which is gout. This condition causes significant joint pain and disrupts the daily activities of the elderly. One non-pharmacological approach proven effective in addressing pain caused by gout is isometric exercise. **Purpose :** analyze nursing care for the elderly with acute pain due to gout using isometric exercise intervention. **Method:** The study was conducted on Mr. F, one of the patients at the Titian Benteng Gading Elderly Care Home who had elevated uric acid levels and acute joint pain. The research instruments used were the Numeric Rating Scale (NRS) and the Easy Touch uric acid measuring device. Isometric exercise intervention was administered daily for 20 minutes over 7 days. **The results** of the intervention showed a decrease in pain intensity, from a pain scale of 6 to 2. Uric acid levels decreased from 8.4 mg/dl to 6.3 mg/dl. **Conclusion:** Isometric exercise has proven to be an effective, safe, and easy-to-implement complementary therapy that provides significant benefits in reducing uric acid levels and alleviating joint pain in the elderly. Isometric Exercise can increase mitochondrial metabolism and ATP production to improve the tone of the smooth muscles of the extremities, as well as stimulate the production of endorphins to reduce pain.

Keywords: Uric Acid, Isometric Exercise, Geriatric Nursing, Elderly, Acute Pain.

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