

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA NY. M DENGAN MASALAH KEPERAWATAN NYERI AKUT (RHEUMATOID ATHRITIS) DENGAN PEMBERIAN TERAPI KOMPRES HANGAT AIR JAHE DI RUMAH PERAWATAN LANSIA TITIAN BENTENG GADING

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Latar Belakang : Lansia salah satu kelompok usia yang rentan mengalami berbagai gangguan kesehatan akibat proses degeneratif, salah satunya adalah nyeri sendi yang sering terjadi pada kondisi seperti rheumatoid arthritis. Nyeri sendi yang tidak tertangani dengan baik dapat mengganggu mobilitas fisik, mengurangi kemandirian, serta menurunkan kualitas hidup lansia. Salah satu alternatif terapi non-farmakologis yang efektif adalah kompres air hangat jahe. Kompres hangat dengan jahe dapat mengurangi nyeri pada penderita rheumatoid athritis. **Tujuan :** Mengetahui pengaruh Terapi Kompres Hangat Air Jahe Di Rumah Perawatan Lansia Titian Benteng Gading. **Metode :** Studi kasus asuhan keperawatan pada satu pasien lansia dengan rheumatoid athritis. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi. **Hasil :** Hasil penerapan terapi kompres hangat air jahe selama 7 hari, 1 kali sehari selama 15-20 menit masalah keperawatan nyeri akut pada Ny. M menunjukkan adanya penurunan intensitas nyeri dari skala 10 menjadi skala 5 berdasarkan pengukuran menggunakan Numeric Rating Scale (NRS). Hal ini terjadi karena air hangat berperan dalam meningkatkan sirkulasi darah, merelaksasi otot, dan mengurangi kekakuan sendi. Selain itu jahe juga memiliki efek farmakologis yaitu rasa panas dan pedas, dimana dapat meredakan rasa nyeri. **Kesimpulan :** Pemberian Kompres Hangat Air Jahe efektif menurunkan nyeri pada lansia dengan rheumatoid athritis dan dapat dijadikan pilihan intervensi nonfarmakologis dalam praktik keperawatan.

Kata Kunci : Kompres Hangat Air jahe, Lansia, Rheumatoid Athritis

Referensi : 1 Buku (2015-2020)

10 Jurnal (2015- 2025)

3 Website (2017-2025)

ABSTRACT

ANALYSIS OF NURSING CARE IN MRS. M WITH ACUTE PAIN NURSING PROBLEMS (RHEUMATOID ATHRITIS) WITH THE ADMINISTRATION OF GINGER WATER WARM COMPRESS THERAPY AT THE TITIAN BENTENG GADING ELDERLY CARE HOME

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Background : The elderly are one of the age groups who are prone to experiencing various health problems due to degenerative processes, one of which is joint pain which often occurs in conditions such as rheumatoid arthritis. Joint pain that is not handled properly can interfere with physical mobility, reduce independence, and reduce the quality of life of the elderly. One effective non-pharmacological therapeutic alternative is a ginger warm water compress. Warm compresses with ginger can reduce pain in people with rheumatoid arthritis. **Objective :** To find out the effect of Ginger Water Warm Compress Therapy in the Titian Benteng Gading Elderly Care Home. **Method :** A case study of nursing care in one elderly patient with rheumatoid arthritis. Data was collected through interviews, observations, and documentation. **Results :** The results of the application of ginger water warm compress therapy for 7 days, 1 time a day for 15-20 minutes of acute pain nursing problems in Mrs. M showed a decrease in pain intensity from a scale of 10 to a scale of 5 based on measurements using the Numeric Rating Scale (NRS). This happens because warm water plays a role in improving blood circulation, relaxing muscles, and reducing joint stiffness. In addition, ginger also has pharmacological effects, namely a hot and spicy taste, which can relieve pain. **Conclusion :** Ginger Water Warm Compress is effective in reducing pain in the elderly with rheumatoid arthritis and can be used as an option for nonpharmacological interventions in nursing practice.

Keywords : Ginger Water Warm Compress, Elderly, Rheumatoid Arthritis

Reference : 1 Books (2015-2020)

10 Journal (2017- 2025)

3 Website (2017-2025)