

**PENERAPAN KOMPRES HANGAT TERHADAP PENURUNAN NYERI
GOUT ARTHRITIS PADA LANSIA DI WILAYAH KERJA
PUSKESMAS MOYUDAN**

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ABSTRAK

Latar Belakang: *Gout arthritis* merupakan kondisi medis ketika kadar asam urat dalam darah meningkat sehingga mengakibatkan penumpukan kristal monosodium urat pada sendi yang menyebabkan peradangan. Peradangan sendi sering terjadi di ibu jari kaki, pergelangan kaki, lutut, jari kaki, pergelangan tangan, dan siku. Penanganan nyeri sendi dapat dilakukan dengan kompres air hangat. Berdasarkan *gate control theory*, kompres hangat dapat merangsang serat saraf *non-nosiseptif* berdiameter besar (A- α dan A- β), yang berfungsi untuk menghambat transmisi impuls nyeri dari serat saraf berdiameter kecil (A- δ dan C). Mekanisme ini menyebabkan gerbang nyeri tertutup, sehingga sensasi nyeri dapat berkurang.

Tujuan: Hasil studi ini bertujuan untuk mengetahui perubahan skala nyeri akut pada dua responden lansia penderita *gout arthritis* sebelum dan sesudah dilakukan kompres hangat.

Metode Studi Kasus: Studi kasus ini menggunakan metode deskriptif dengan pendekatan asuhan keperawatan. Subjek studi kasus ini adalah dua lansia dengan nyeri akut *gout arthritis* pada ibu jari kaki kiri dan pergelangan kaki kiri skala sedang. Intervensi ini dilakukan selama tiga kali kunjungan.

Hasil Studi Kasus: Setelah dilakukan tindakan keperawatan selama tiga kali kunjungan didapatkan adanya penurunan skala nyeri pada klien pertama dari skala 4 menurun menjadi skala 0 dan klien kedua dari skala 6 menurun menjadi skala 2, penurunan kadar asam urat, dan lansia dapat melakukan kompres hangat secara mandiri. Penerapan kompres hangat memengaruhi penurunan tingkat nyeri pada kedua klien.

Kesimpulan: Penerapan kompres hangat dapat menurunkan nyeri sendi pada lansia penderita *gout arthritis*.

Kata Kunci: Kompres hangat, nyeri, *gout arthritis*, lansia

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**THE APPLICATION OF WARM COMPRESSES TO REDUCE GOUT
ARTHRITIS PAIN IN THE ELDERLY IN THE WORKING AREA OF
MOYUDAN PUBLIC HEALTH CENTER**

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ABSTRACT

Background: Gout arthritis is a medical condition in which uric acid levels in the blood increase, leading to the accumulation of monosodium urate crystals in the joints, which causes inflammation. Joint inflammation commonly occurs in the big toe, ankles, knees, toes, wrists, and elbows. Joint pain can be managed using warm compresses. Based on the gate control theory, warm compresses can stimulate large-diameter non-nociceptive nerve fibers (A- α and A- β), which function to inhibit pain impulse transmission from small-diameter nerve fibers (A- δ and C). This mechanism results in the closing of the pain gate, thus reducing the sensation of pain

Objective: This study aims to examine the changes in the acute pain scale among two elderly individuals diagnosed with gout arthritis before and after the administration of warm compress therapy.

Method: This case study employed a descriptive method with a nursing care approach. The subjects of this study were two elderly individuals experiencing moderate acute pain due to gout arthritis in the left big toe and left ankle. The intervention was carried out over the course of three visits.

Result: After nursing interventions conducted over three visits, a decrease in pain scale was observed in the first client, from 4 to 0, and in the second client, from 6 to 2.

Additionally, there was a reduction in uric acid levels, and the elderly clients were able to perform warm compress application independently. The use of warm compresses influenced the reduction of pain levels in both clients.

Conclusion: The application of warm compresses can effectively reduce joint pain in elderly patients with gout arthritis.

Keywords: Warm compress, pain, gout arthritis, elderly

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