

**PENERAPAN KOMPRES HANGAT JAHE MERAH PADA  
ANGGOTA KELUARGA LANSIA DENGAN  
GOUT ARTHRITIS DI WILAYAH  
PUSKESMAS GAMPING II**

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**ABSTRAK**

**Latar Belakang :** *gout arthritis* termasuk penyakit degeneratif yang menyerang pada sendi dan paling sering di jumpai pada banyak individu salah satunya pada lansia. Salah satu tanda dan gejala *gout arthritis* yaitu adanya nyeri pada sendi, yang bisa mengganggu rasa nyaman. Untuk mengatasi masalah ini, kompres hangat jahe merah sebagai terapi komplementer untuk menurunkan intensitas nyeri akibat *gout arthritis*.

**Tujuan :** Mengimplementasikan kompres hangat jahe merah pada keluarga lansia dengan *gout arthritis* di wilayah puskesmas Gamping II.

**Metode :** karya tulis ilmiah ini menggunakan metode deskriptif dengan pendekatan studi kasus terhadap dua klien keluarga lansia yang mengalami keluhan nyeri akibat *gout arthritis* di wilayah kerja Puskesmas Gamping II. Fokus penelitian terletak pada penerapan kompres hangat jahe merah dengan pendekatan asuhan keperawatan keluarga, yang mencakup tahapan pengkajian, penetapan diagnosis keperawatan, perencanaan tindakan, pelaksanaan intervensi, dan evaluasi hasil.

**Hasil :** karya tulis ilmiah ini menunjukkan bahwa pemberian kompres hangat jahe merah dapat mengurangi tingkat nyeri. Efektivitas metode ini dalam menurunkan nyeri juga dipengaruhi oleh faktor-faktor seperti keterlibatan dan dukungan keluarga, kebiasaan pola makan yang sehat, serta keteraturan dalam melakukan pemeriksaan di fasilitas pelayanan kesehatan terdekat.

**Kesimpulan :** Penerapan kompres hangat jahe merah terbukti mampu mengurangi tingkat nyeri *gout arthritis* pada anggota keluarga, terutama jika disertai dengan dukungan keluarga serta perhatian terhadap pola makan yang sehat.

**Kata Kunci :** kompres hangat jahe merah, *gout arthritis*, keluarga lansia

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**APPLICATION OF RED GINGER WARM COMPRESS ON ELDERLY  
FAMILY MEMBERS WITH GOUT ARTHRITIS IN THE  
GAMPING II COMMUNITY HEALTH CENTER**

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**ABSTRACT**

**Background:** Gout arthritis is a degenerative disease that affects the joints and is commonly found, especially among the elderly. One of the main symptoms is joint pain, which can interfere with comfort and daily activities. To help manage this condition, warm compresses using red ginger can be applied as a complementary therapy to reduce pain intensity.

**Objective:** To implement the use of warm red ginger compresses in elderly family members with gout arthritis in the working area of Gamping II Public Health Center.

**Methods:** This Scientific paper a descriptive method with a case study approach involving two elderly clients from the same family who experienced joint pain due to gout arthritis. The focus was on the implementation of red ginger warm compresses using a family nursing care approach, which includes assessment, nursing diagnosis, care planning, implementation, and evaluation.

**Results:** The Scientific paper showed that the application of red ginger warm compresses effectively reduced pain intensity. The effectiveness of this therapy was also influenced by several factors, including family support, healthy dietary patterns, and regular health check-ups at nearby healthcare facilities.

**Conclusion:** The use of warm red ginger compresses proved to be effective in reducing gout arthritis pain in elderly individuals, particularly when supported by active family involvement and attention to a healthy lifestyle, especially a proper diet.

**Keywords:** warm red ginger compress, gout arthritis, elderly family

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