

PENERAPAN TERAPI *STRETCHING* DALAM MENURUNKAN NYERI SENDI PADA LANSIA DENGAN *GOUT ARTHRITIS*

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ABSTRAK

Latar Belakang : *Gout arthritis* merupakan penyakit peradangan sendi yang sering dialami oleh lansia, yang ditandai dengan nyeri sendi yang dapat mengganggu aktivitas sehari-hari. Upaya penanganan nyeri non-farmakologis melalui terapi *stretching* merupakan salah satu intervensi secara mandiri yang dapat membantu melancarkan sirkulasi darah dan mengurangi ketegangan otot di area sendi.

Tujuan : Studi kasus ini dilakukan dengan tujuan untuk mendeskripsikan penerapan terapi *stretching* dalam menurunkan nyeri sendi pada lansia dengan *gout arthritis* di wilayah kerja Puskesmas Gamping II.

Metode : Metode penelitian ini bersifat deskriptif dengan pendekatan studi kasus. Subjek dalam studi kasus ini adalah dua responden lansia *gout arthritis* dengan keluhan nyeri sendi. Intervensi dilakukan selama dua minggu berturut-turut, tiga kali dalam seminggu pada sore hari durasi 15 menit dengan total 6 kali intervensi peregangan ditahan 20 detik selama studi kasus berlangsung. Pengukuran tingkat nyeri dilakukan menggunakan instrumen *Numeric Rating Scale* (NRS) sebelum dan sesudah diberikan intervensi.

Hasil : Penerapan terapi *stretching* menunjukkan penurunan skala nyeri pada kedua klien selama enam hari kunjungan dengan memberikan respon rasa nyaman pada pergelangan kaki dan ibu jari. Pada Ny. T kadar asam urat turun dari 11,0 mg/dL menjadi 6,5 mg/dL, disertai penurunan skala nyeri secara bertahap dari skala 5 di hari pertama hingga mencapai skala 0 di hari keenam. Sementara itu, pada Ny. S kadar asam urat turun dari 12,5 mg/dL menjadi 8,1 mg/dL, dengan penurunan skala nyeri dari skala 6 di hari pertama hingga menjadi skala 1 di hari keenam.

Kesimpulan : Penerapan terapi *stretching* terbukti secara empiris memberikan respons kenyamanan dan penurunan skala nyeri sendi pergelangan kaki dan ibu jari.

Kata Kunci : *Gout arthritis*, Lansia, Nyeri sendi, Terapi *stretching*

THE APPLICATION OF STRETCHING THERAPY TO REDUCE JOINT PAIN IN ELDERLY PATIENTS WITH GOUT ARTHRITIS

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ABSTRACT

Background: Gout arthritis is an inflammatory joint disease often experienced by the elderly, characterized by joint pain that can interfere with daily activities. Non-pharmacological pain management through stretching therapy is one self-help intervention that can help improve blood circulation and reduce muscle tension in the joint area.

Objective: This case study was conducted with the aim of describing the application of stretching therapy in reducing joint pain in elderly people with gout arthritis in the work area of Gamping II Community Health Center.

Method: This research method is descriptive with a case study approach. The subjects in this case study were two elderly respondents with gouty arthritis who complained of joint pain. The intervention was carried out for two consecutive weeks, three times a week in the afternoon for 15 minutes, for a total of six interventions during the case study. Pain levels were measured using the Numeric Rating Scale (NRS) instrument before and after the intervention.

Results: The application of stretching therapy showed a decrease in the pain scale in both clients during the six-day visit by providing a response of comfort in the ankle and big toe. The application of stretching therapy showed a decrease in the pain scale in both clients during the six-day visit by providing a response of comfort in the ankle and big toe. In Mrs. T uric acid levels decreased from 11.0 mg/dL to 6.5 mg/dL, accompanied by a gradual decrease in pain scale from a scale of 5 on the first day to a scale of 0 on the sixth day. Meanwhile, in Mrs. S uric acid levels decreased from 12.5 mg/dL to 8.1 mg/dL, with a decrease in pain scale from a scale of 6 on the first day to a scale of 1 on the sixth day.

Conclusion: The application of stretching therapy has been empirically proven to provide a comfortable response and a reduction in the scale of pain in the ankle and big toe joints.

Keywords: Gout arthritis, Elderly, Joint pain, Stretching therapy