

PENERAPAN RENDAMAN AIR HANGAT SERAI DAN JAHE UNTUK MENURUNKAN NYERI SENDI PADA LANSIA

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ABSTRAK

Latar Belakang: Proses degeneratif pada lansia sering memicu nyeri sendi akibat peningkatan kadar asam urat yang membatasi mobilitas fisik. Terapi non-farmakologis menggunakan rendaman air hangat, serai, dan jahe menjadi solusi mandiri yang aman dan ekonomis untuk mengatasi masalah ini.

Tujuan: Mengetahui efektivitas penerapan rendaman air hangat serai dan jahe terhadap penurunan skala nyeri sendi dan kadar asam urat pada lansia di BPSTW Budi Luhur.

Metode: Karya tulis ilmiah ini menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan pada dua subjek lansia. Instrumen penelitian meliputi lembar observasi *Numeric Rating Scale (NRS)* dan alat cek asam urat digital. Intervensi dilakukan sesuai SOP melalui perendaman kaki dalam campuran air hangat, serai, dan jahe.

Hasil: Setelah intervensi rutin, kedua subjek mengalami penurunan skala nyeri dari kategori sedang ke ringan. Hasil juga menunjukkan kecenderungan penurunan kadar asam urat serta peningkatan kenyamanan saat bergerak.

Kesimpulan: Terapi rendaman air hangat serai dan jahe efektif menurunkan nyeri sendi pada lansia. Perawat disarankan menerapkan terapi komplementer ini sebagai intervensi mandiri dalam asuhan keperawatan gerontik.

Kata Kunci: Lansia, Nyeri Sendi, Serai, Jahe, Rendam Air Hangat.

*APPLICATION OF WARM WATER SOAK WITH LEMONGRASS AND GINGER
TO REDUCE JOINT PAIN IN THE ELDERLY*

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ABSTRACT

Background: Degenerative processes in the elderly often trigger joint pain due to elevated uric acid levels, which limits physical mobility. Non-pharmacological therapy using warm water soaks mixed with lemongrass and ginger serves as a safe, economical, and independent solution to address this issue.

Objective: To determine the effectiveness of warm water soaks with lemongrass and ginger in reducing joint pain scales and monitoring uric acid levels among the elderly at BPSTW Budi Luhur.

Methods: This study employed a descriptive case study design with a nursing care approach involving two elderly subjects. Instruments included the Numeric Rating Scale (NRS) and digital uric acid meters. The intervention followed standard operating procedures by soaking the subjects' feet in a warm mixture of lemongrass and ginger.

Results: Following routine intervention, both subjects showed a decrease in pain scales from moderate to mild categories. There was also a downward trend in uric acid levels and improved comfort during joint movement.

Conclusion: Warm water soaks with lemongrass and ginger are effective in reducing joint pain in the elderly. Nurses are encouraged to implement this complementary therapy as an independent nursing intervention in gerontological care.

Keywords: Elderly, Joint Pain, Lemongrass, Ginger, Warm Water Soak