



Implementation in Providing Warm Compresses to Reduce Pain in the Elderly with Gout Arthritis at UPT Yansos Tuna Rungu and Wicara Pematangsiantar

¹Dinda Ayu Diah Damanik, ²Riska Wani E.P.P

^{1,2} Akademi Keperawatan Kesdam I/BB Pematangsiantar

ARTICLE INFO

Keywords:
Nursing Care,
Warm Water Compress,
Pain,
Gout Arthritis

Email :
dindaayu@gmail.com

ABSTRACT

Gout arthritis is an inflammation of the joints caused by the buildup of crystals in the joints due to impaired purine metabolism in the body. Purines are proteins that undergo metabolism in the body that are converted into uric acid. The purpose of this study is to describe Nursing Care for the elderly with Gout arthritis in the provision of warm water compresses to reduce pain in Upt Yansos for the Deaf and Speech Pematangsiantar. The design of this study is descriptive using a case study method on 2 clients with Gout arthritis who experience acute pain with purposive sampling techniques. Data were collected by interview, observation, and physical examination techniques carried out using the gerontic askep assessment format, warm compress SOP. The results of the assessment found that the client complained of pain with a pain scale of client I and client II, which was 5. After being given warm compresses, the pain scale in client I and client II decreased, namely on the first day with a pain scale of 5, on the second day the pain scale was 4, and on the third day the pain scale became 3. After 3 days of nursing treatment, the act of giving warm water compresses is very effective in reducing acute pain in patients with Gout arthritis. For nurses to teach care to patients with gout arthritis. For patients about maintaining health and a healthy lifestyle.

Copyright © 2024 COVID-19.

All rights reserved is Licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License \(CC BY-NC 4.0\)](#)

INTRODUCTION

Problems that occur in the joints, namely *Gout Arthritis* is known as gout which is a disease that attacks the musculoskeletal system, namely in the joints or called rheumatism, often occurs due to a chronic increase in the concentration of uric acid in blood plasma (hyperursemia ≥ 7 mg/dl), most often occurs due to excessive swelling of uric acid, can affect men and women, and more often occurs in men where 1 to 3 per 1,000, and in women it is 1 in 5000 women and this stinger is more likely to attack those over 55 years old (Pajri, 2021). Based on the WHO database in 2020, cases of *Gout Arthritis* are the cause of 68% of deaths in the world. The number of *Gout Arthritis sufferers* is around 335 million people in the world, this number is in line with the increase in elderly people with a mortality rate of 27,600,000 people. *Gout Arthritis* often occurs in developed countries such as America. The prevalence of *Gout Arthritis* in the United States is 26,300,000 people out of the total population. The prevalence of *Gout Arthritis* in developing countries such as Bangladesh, India and Pakistan is 5,000,000 people with diverse geographical areas and ethnic groups of China. According to data from the Ministry of Health of the Republic of Indonesia in 2019, *Gout Arthritis* ranks 2nd after *Osteoarthritis*, the prevalence in Indonesia is estimated at 1.6-13.6 / 100,000 people, this prevalence increases as age increases. varies from one region to another (Budiari, 2021). Based on data from the North Sumatra provincial health office in 2020, the prevalence of *Gout Arthritis* was 1,800,000 people out of a population of 12,333,978 people in North Sumatra. *Gout Arthritis* is a joint disease caused by impaired purine metabolism which is characterized by high levels of uric acid in the blood. High uric acid levels in the blood exceeding normal limits can lead to a buildup of uric acid in the joints and other organs of the body. This accumulation of uric acid makes the joints feel painful, painful, and inflamed. (2024).

The management of *Gout Arthritis* can be done with pharmacological and non-pharmacological therapy. Pharmacological therapy is a therapy that can be done by administering *nonsteroidal anti-*
Implementation in Providing Warm Compresses to Reduce Pain in the Elderly with Gout Arthritis at UPT Yansos Tuna Rungu and Wicara Pematangsiantar. - Dinda Ayu Diah Damanik, et.al



inflammatory drugs (NSAIDs) in blocking the production process of inflammatory mediators. While non-pharmacological therapy is a pain management action that can be carried out by providing deep breath relaxation therapy, listening to music, yoga, *massage*, distraction, *guide imagery* (Ministry of Health, 2024), and warm compresses, Warm compresses are actions that are carried out using a cloth / towel that has been dipped in warm water that is attached to a certain part, or using a tool such as a bottle filled with water so that the need for The feeling of comfort is fulfilled, the administration of warm compresses functions to reduce pain with warm liquids with the function of dilating blood vessel circulation so as to relieve pain (Dini, Rina & Basri, 2024). Previous research has shown that the pain scale is related to the implementation of warm compresses in Balong Lor Village, Banguntapan District, Bantu Regency (Arita, et al., 2022). Based on a preliminary survey at the Yansos UPT for the Speech Deaf on March 14, 2024, there are elderly people with *Gout Arthritis*. The results of the interview with the nurse said that warm compresses were applied to the elderly with complaints of pain in the extremities. Warm compresses are very effective for overcoming pain felt by the elderly with *gout arthritis*. Based on the above phenomenon, it can be concluded that warm compresses are very useful to do as an effort to reduce pain levels in the elderly with *Gout Arthritis* so that the elderly can carry out activities independently. Therefore, the researcher is interested in conducting a study entitled Implementation of Giving Warm Compresses to Reduce Pain in *Gout Arthritis Patients* at UPT Yansos for the Deaf and Speech-Impaired and the elderly in Pematangsiantar.

The elderly are over 60 years old. Old age usually causes the body to experience several degenerations, both physical, physiological and psychological (Harlina, 2020). One of the changes that occur in the elderly affects the musculoskeletal system is the speed of contraction and the strength of skeletal muscles decreases (Arumsari, 2019). Gout arthritis, also known as gout, is a metabolic problem characterized by a painful accumulation of uric acid in the joints, most commonly in the thighs, ankles and metatarsals (Merkie, Carrie, 2005 in Rahmawan, 2018). Signs and symptoms experienced by gout arthritis patients include joint pain, swelling and redness (Astuty, 2019). Pain management in patients with gout arthritis can be done through pharmacological and non-pharmacological treatment. Medical therapy with Non-Steroidal Anti-Inflammatory Drugs (OAISN). Non-medical treatment can now be done by providing warm compress therapy (Andriyani *et al.*, 2021)

METHOD

Descriptive research method with a case study approach. The sample used in this research was in accordance with the research criteria, namely clients who were diagnosed with gout arthritis and were willing to be respondents, namely Mrs. M aged 79 years and Mrs. E aged 85 years. The nursing care process is achieved for 3 days from April 29 to May 2, 2024. In this case study, using a descriptive study design, the approach used is a nursing care approach which includes assessment, nursing diagnosis, intervention or planning, implementation or implementation, and also evaluation. This case study applied warm compress measures in pain management in *gout arthritis patients*, and performed observation and measurement of pain scales. The subjects of this case study are patients who suffer from gout arthritis with inclusion criteria, including patients who experience inflammatory swelling, do not experience redness, who are willing to participate in the entire series of activities and evaluations as evidenced by filling out *informed consent*, have been diagnosed and have carried out a structured examination by the medical team, have experienced pain scale 3-6, are communicative and cooperative, have checked acid levels and are not taking analgetic drugs. The action carried out on the case study subjects was the application of warm compresses of red ginger in *gout arthritis patients*. The type of instrument used in this case study uses a numeric rating scale (NRS). This case study was carried out in Kodokan Village, Kunduran District, Blora Regency. The application of this warm compress was carried out for 7 days with 3 respondents. which has been grated squeezed and made a warm compress using ginger water using a washcloth for 20 minutes. The data collection method is based on the nursing process. The process of implementing a case study begins with requesting a permit, selecting patients

who have been determined according to the criteria, providing an explanation to prospective case study subjects and asking for approval explaining the purpose and procedure of the action to be taken. After obtaining the data, data analysis was then carried out which was used to establish nursing diagnoses related to patient problems. Next, a nursing plan is made to find the right intervention for the patient. The implementation of the red ginger warm compress action is carried out for 7 days for 20 minutes. After the warm compress was performed, the patient's pain scale was measured again using the Numeric Rating Scale (NRS) to find out if there was a decrease in pain level after the warm compress was performed.

RESULTS AND DISCUSSION

The assessment carried out on patient I complained of pain in the right and left knees TD: 150/80 mmHg Pulse: 85x/min RR: 22x/min pain scale 6. Assessment in patient II complained of pain in the right ankle TD : 120/80 mmHg Pulse : 90 x/min RR : 22 x/min pain scale 6. Based on the data obtained from the three patients with *gout arthritis*, the nursing diagnosis that may appear is acute pain related to physiological injury agents. In accordance with the characteristics of the Indonesian Nursing Diagnostic Standards (SDKI). The nursing plan that will be carried out to overcome acute pain with one of the interventions is the administration of warm compresses in the management of *gout arthritis pain*. After the warm compress is performed, it is hoped that the patient's pain scale can be reduced. Based on table 2, the results obtained after the action of warm compresses for 3 days were obtained, the data of patients I and II experienced a decrease in pain which was initially 5 to 3.

Discussion

The results of this case study show that the unpleasant act of sensory and emotional warm compresses associated with actual and potential tissue damage, describes the conditions under which the damage occurred. The main complaint in cases of *gout arthritis* in general is pain. Pain arises due to inflammation in the joints resulting from an increase in uric acid levels in the blood, due to disruption of purine metabolism (hyperuricemia) in the body which is characterized by joint pain, so it can interfere with activity (Marlinda, 2019). The results of this case study are the same as other studies that explain that warm compresses can relieve pain according to research conducted by Lexy Oktora (2017). Similar results were also found in another study similar to the journals Sunarti and Alhuda (2018) which found that the effect of warm compresses had an effect on pain reduction in the elderly with *gout arthritis*. Based on the results of the study, it focuses more on pain management by providing non-pharmacological measures, namely warm compresses. Pain itself, if not treated immediately, will cause the patient to feel uncomfortable. Basically warm compresses provide a warm feeling to certain areas, warm compresses can help reduce pain. The limitations during the application of warm compresses The author has obstacles, namely time limitations and several characteristics of patients and different factors that cause *gout arthritis*.

CONCLUSION

In general, the assessment of both patients found pain complaints in *gout arthritis patients*. The diagnosis obtained and dismissed from the three patients who experienced *gout arthritis* was acute pain related to physiological injury agents. Non-pharmacological nursing intervention in *gout arthritis* patients is to provide warm compresses.

REFERENCE

- Eneng, Milla., (2022). Efektifitas Kompres Hangat Terhadap Penurunan Nyeri Pada Penderita Gout Arthritis di Wilayah Puskesmas Pulosari.
- Cholisa, Siti & Hasan., (2024). Penerapan Kompres Hangat Pada TN.S Dengan Gout Arthritis Untuk Mengurangi Tingkat Nyeri.



- Dini, Rina., (2024). Asuhan Keperawatan Keluarga Tahap Perkembangan Lansia Dengan Intervensi Penerapan Kompres Hangat.
- Arita, dkk., (2022). Analisis Kompres Air Hangat Sebagai Intervensi Gout Arthritis Dengan Masalah Nyeri Akut Pada Keluarga Lansia.
- Kemenkes RI. (2019). Gout Arthritis menduduki urutan ke-2 setelah Osteoarthritis. https://yankes.kemkes.go.id/view_artikel/2097/gout-arthritis
- Dina, Savitri. (2022). Buku Awasi Bahaya Asam Urat dan Hipertensi. Yogyakarta
- Aspiani, dkk. (2014). Buku Ajar Asuhan Keperawatan Gerontik. Jakarta Timur :CV. Trans Info Media.
- Rosyidi Kholid, (2018). Buku Muskuloskeletal. Jakarta : CV TRANS INFO MEDIA
- Tim Pokja SDKI DPP PPNI, (2017). Standart Diagnosis Keperawatan Indonesia : Defenisi dan Indikator Diagnostik (Edisi 1) . Jakarta :DPP PPNI.
- Tim Pokja SDKI DPP PPNI, (2018). Standart Intervensi Keperawatan Indonesia : Defenisi dan Tindakan Keperawatan (Edisi 1) . Jakarta :DPP PPNI.
- Tim Pokja SDKI DPP PPNI, (2019). Standart Luaran Keperawatan Indonesia : Defenisi dan kriteria hasil keperawatan (Edisi 1) . Jakarta :DPP PPNI.
- Ode, La, Sarif. (2021). Buku Ajar Asuhan Keperawatan Gerontik. Yogyakarta :Nuha Medika.
- Yuni, Ari., (2022). Buku Keterampilan Dasar Kebidanan (KDK). Yogyakarta.
- Swarjana. (2015). Metodologi Penelitian Kesehatan. Yogyakarta :CV. Andi Offset.
- World Health Organization (WHO, 2020) . Mortality Database Gout Arthritis
- Sumiaty, Putri dan Hasnawati. (2022). Atasi Dismenorea Medikal Bedah. Jakarta: Mahakarya Citra Utama Group
- Arifin. (2022). Pengaruh Pemberian HIDROTERAPI. Malang: Media Nusa Creative.
- Musrifatul Uliyah & Azis Alimul Uliyah, (2018). Keterampilan Dasar Praktik Klinik. Jakarta: Salemba Medika
- Eneng. (2022). Asuhan Keperawatan Gerontik Nyeri Akut Pada Ny.s Dengan Gout Arthritis
- Fitriana, Siti., (2022). Penerapan Kompres Hangat Untuk Menurunkan Nyeri Sendi Pada Penderita Gout Arthritis di Puskesmas Pajangan Bantul.
- Ali Syahbana, dkk., (2024). Penerapan Kompres Hangat Pada Asuhan Keperawatan Gerontik Klien Gout Arthritis Dengan Masalah Keperawatan Nyeri Akut di Puskesmas Wongsorejo
- Cholisa, Siti & Hasan., (2024). Penerapan Kompres Hangat Pada TN.S Dengan Gout Arthritis Untuk Mengurangi Tingkat Nyeri.
- Indri, dkk., (2024). Implementasi Pemberian Terapi Kompres Hangat Dalam Menurunkan Nyeri Pada Penderita Asam Urat di Posyandu Mawar Desa Campur Asri.
- Herlina, Rachmawati., (2022). Asuhan Keperawatan Keluarga Ny. N Pada Ny. M dengan Diagnosis Gout Arthritis Melalui Intervensi Kompres Hangat di Desa Penggalaman Kabupaten Banjar.
- Rahmatica, Yuniastini & Dedek., (2023). Kompres Hangat, Relaksasi Nafas Dalam, Dapat Menurunkan Rasa Nyeri Kronis Pada Pasien Asam Urat.
- Surahman, Rachmat. (2016). Metodologi Penelitian Kesehatan. Jakarta: Yayasan Kita Menulis
- Supriatik. (2015). Metodologi Penelitian Kuantitatif & Kualitatif dalam Psikologi Yogyakarta.: USD.
- Aziz, Hidayat., (2017). Metodologi Penelitian Keperawatan dan Kesehatan. : Jakarta Selatan
- Lijan, Sarton. (2022). Metodologi Penelitian Kuantitatif: Teoritik Dan Praktik. Depok: PT Rajagrafindo Persada
- Arinkunto, (2019). Penelitian Keperawatan. Sumatera Barat: Pt. Global Eksekusif Teknologi.
- Olivia Tri Monica. (2022). Spray Lidah Buaya. Jawa Tengah: Pustaka Rumah Cinta.
- Hidayat, (2018). Metodologi Penelitian Kesehatan. Jakarta : PT RINEKA CIPTA