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Karelina Navida Arum, Ahmad Kholid
086221053

Pengelolaan Nyeri Akut dengan Rendam Kaki Air Jahe Hangat pada Lansia dengan Gout di Wilayah Puskesmas Kledung

ABSTRAK

Gout merupakan salah satu penyakit degeneratif yang sering dialami lansia, yang menyebabkan penurunan kualitas hidup akibat nyeri yang mengganggu aktivitas. Terapi rendam kaki dengan air hangat, terutama jika dikombinasikan dengan jahe, dapat membantu mengurangi nyeri melalui pelebaran pembuluh darah dan relaksasi otot.

Terapi rendam kaki dengan air jahe hangat sebagai metode non-farmakologis untuk menurunkan tingkat nyeri pada lansia penderita gout.

Jenis penelitian deskriptif dengan pendekatan asuhan keperawatan dilakukan melalui tahapan pengkajian, diagnosa, intervensi, implementasi, dan evaluasi dengan memberikan tindakan pengelolaan berupa memberikan terapi non farmakologi yaitu dengan rendam kaki air jahe hangat pada lansia dengan gout

Hasil akhir pengelolaan nyeri akut menunjukkan bahwa pasien tampak nyaman meskipun masih merasakan nyeri. Tingkat nyeri yang dialami pasien menunjukkan penurunan, dari skala nyeri 6 menjadi 3

Proses pengumpulan data terhadap Ny. N dilaksanakan dengan metode wawancara, pemeriksaan fisik, observasi, serta pemeriksaan penunjang. pada pasien dengan keluhan nyeri akut akibat *gout* dapat ditangani dengan rendam kaki air jahe hangat

Bagi pasien dalam menangani nyeri akut akibat *gout* dapat menggunakan Teknik nonfarmakologi ini dengan merendam kaki menggunakan air jahe hangat

Kata Kunci: Nyeri Akut, Rendam Kaki Air Jahe Hangat, *Gout*, Lansia

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Karelina Navida Arum, Ahmad Kholid
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Management of Acute Pain by Soaking Feet in Warm Ginger Water in Elderly Patients with Gout in the Kledung Community Health Center Area

ABSTRAK

Gout is a degenerative disease commonly experienced by the elderly, which causes a decline in quality of life due to pain that disrupts activities. Soaking the feet in warm water, especially when combined with ginger, can help reduce pain by dilating blood vessels and relaxing muscles.

Foot soaking therapy with warm ginger water as a non-pharmacological method to reduce pain levels in elderly patients with gout.

Descriptive research with a nursing care approach was conducted through stages of assessment, diagnosis, intervention, implementation, and evaluation by providing management actions in the form of non-pharmacological therapy, namely soaking the feet in warm ginger water for the elderly with gout. The final result of the acute pain management showed that the patient appeared comfortable even though they still felt pain. The level of pain experienced by the patient showed a decrease, from a pain scale of 6 to 3.

The data collection process for Ms. N was conducted using interviews, physical examinations, observations, and supporting examinations. In patients with acute pain due to gout, it can be treated by soaking the feet in warm ginger water.

For patients dealing with acute pain due to gout, they can use this non-pharmacological technique by soaking their feet in warm ginger water.

Keywords: Acute Pain, Soak Feet in Warm Ginger Water, Gout, Elderly