

**PEMBERIAN KOMPRES HANGAT JAHE TERHADAP PENURUNAN NYERI
PADA KLIEN PENDERITA ASAM URAT DI KASIHAN
BANTUL YOGYAKARTA**

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ABSTRAK

Latar belakang : Asam urat yaitu suatu penyakit metabolik yang disebabkan oleh kelebihan kadar senyawa urat didalam tubuh baik karena produksinya yang berlebihan atau eliminasi yang kurang dan juga akibat peningkatan asupan purin. Prevalensi penderita asam urat di kabupaten Bantul sebesar 5.01% pada usia > 15 tahun (Kementrian Kesehatan RI, 2018). Meningkatnya kejadian asam urat disebabkan karena beberapa faktor seperti keturunan, jenis kelamin, konsumsi pangan yang kaya purin, konsumsi alkohol berlebihan, obesitas, gangguan pada ginjal yang mengakibatkan pembuangan purin terhambat, pemakaian obat tertentu yang dapat meningkatkan kadar asam urat. Salah satu pengobatan non farmakologi asam urat yaitu pemberian kompres hangat jahe, yang berguna untuk mengurangi nyeri sendi pada penderita asam urat.

Tujuan : Menyusun laporan asuhan keperawatan pada Ny. N yang mengalami masalah asam urat di Dusun Ngentak Kasihan Bantul dengan memberikan terapi kompres hangat jahe.

Metodologi : Penelitian ini menggunakan metode penelitian observative - partisipatif yang dilakukan pada Ny. N yang mengalami nyeri akibat kadar asam urat tinggi. Implementasi dilakukan selama 3 hari berturut-turut selama 10-15 menit.

Hasil : Adanya penurunan skala nyeri setiap harinya. Pada hari pertama dari skala nyeri 5 menjadi 4, hari kedua menjadi 2 dan hari ketiga menjadi 1.

Kesimpulan : Pada penelitian ini pemberian kompres hangat jahe berpengaruh terhadap penurunan nyeri pada penderita asam urat.

Kata kunci : Asam urat, Nyeri, Jahe

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GIVING WARM GINGER COMPRESSES TO REDUCE PAIN IN CLIENTS SUFFERING FROM GUT IN KASIHAN

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ABSTRACT

Background: Gout is a metabolic disease caused by excess levels of urate compounds in the body either due to excessive production or insufficient elimination and also due to increased purine intake. The prevalence of gout sufferers in Bantul district is 5.01% at age > 15 years (Ministry of Health of the Republic of Indonesia, 2018). The increase in the incidence of gout is caused by several factors such as heredity, gender, consumption of foods rich in purines, excessive alcohol consumption, obesity, kidney disorders which result in obstructed purine disposal, use of certain drugs that can increase uric acid levels. One of the non-pharmacological treatments for gout is giving warm ginger compresses, which are useful for reducing joint pain in gout sufferers.

Objective: Prepare a nursing care report for Mrs. N, who experienced gout problems in Ngentak Kasihan Hamlet, Bantul, provided warm ginger compress therapy.

Methodology: This research uses an observative - participatory research method carried out on Mrs. N is experiencing pain due to high uric acid levels. Implementation is carried out for 3 consecutive days for 10-15 minutes.

Results: There was a decrease in the pain scale every day. On the first day the pain scale was 5 to 4, on the second day it was 2 and on the third day it was 1.

Conclusion: In this study, giving warm ginger compresses had an effect on reducing pain in gout sufferers.

Keywords: Gout, Pain, Ginger

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