

INTERVENSI KOMPRES HANGAT JAHE MERAH DALAM MENURUNKAN SKALA NYERI SENDI PADA NY. SS DI BPSTW BUDI LUHUR DINAS SOSIAL DIY

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INTISARI

Latar Belakang: Nyeri sendi merupakan masalah utama yang semakin tinggi yang dialami lansia. Nyeri yang dirasakan pada lutut, pergelangan tangan, jari seperti tertusuk, kram dan kaku. Nyeri akut merupakan gejala paling umum yang terjadi pada lansia gangguan sendi. Kompres hangat jahe merah merupakan salah satu terapi yang dapat digunakan untuk mengurangi nyeri akut sendi.

Tujuan: Intervensi penerapan terapi non farmakologis kompres hangat jahe merah dalam menurunkan skala nyeri sendi pada lansia di BPSTW Budi Luhur Dinas Sosial DIY.

Metode: Penelitian menggunakan *case reports* yaitu laporan studi kasus berisi uraian suatu masalah dengan mengeksplorasi asuhan keperawatan dengan masalah nyeri akut sendi pada lansia di BPSTW Budi Luhur Dinas Sosial DIY dengan penerapan intervensi kompres hangat jahe merah. Subjek yang digunakan satu klien dengan masalah nyeri sendi yang bersedia menjadi responden intervensi dan kooperatif.

Hasil: Intervensi dilakukan selama 3 hari dengan masalah nyeri akut berhubungan dengan agen pencedera fisiologis. Hasil intervensi terapi kompres hangat jahe merah pada hari pertama nyeri akut skala 5 dan adanya penurunan skala nyeri menjadi 3 pada hari terakhir.

Kesimpulan: Adanya penurunan skala nyeri sendi setelah dilakukan tindakan keperawatan non farmakologis kompres hangat jahe merah selama 3 hari kepada Ny. SS.

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INTERVENTION OF WARM COMPRESS WITH RED GINGER IN REDUCING THE SCALE OF JOINT PAIN IN MRS. SS AT BPSTW BUDI LUHUR, SOCIAL SERVICES, DIY

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ABSTRACT

Background: Joint pain is a major problem that is increasingly experienced by the elderly. Pain is felt in the knees, wrists, fingers such as being stabbed, cramped and stiff. Acute pain is the most common symptom that occurs in the elderly with joint disorders. Warm red ginger compresses are one therapy that can be used to reduce acute joint pain.

Objective: Intervention of non-pharmacological therapy application of warm red ginger compresses in reducing the scale of joint pain in the elderly at the Budi Luhur BPSTW, DIY Social Service.

Method: The study used *case reports*, namely case study reports containing a description of a problem by exploring nursing care with acute joint pain problems in the elderly at the Budi Luhur BPSTW, DIY Social Service with the implementation of red ginger warm compress intervention. The subject used was one client with joint pain problems who was willing to be an intervention respondent and cooperative.

Results: The intervention was conducted for 3 days with acute pain problems related to physiological injury agents. The results of the red ginger warm compress therapy intervention on the first day of acute pain scale 5 and a decrease in the pain scale to 3 on the last day.

Conclusion: There was a decrease in the scale of joint pain after non-pharmacological nursing actions of warm red ginger compresses for 3 days were carried out on Mrs. SS.

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