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ABSTRAK

ASUHAN KEPERAWATAN KELUARGA GERONTIK DENGAN PENERAPAN SENAM ERGONOMIK UNTUK MENURUNKAN KADAR ASAM URAT PADA *ARTHRITIS GOUT* DI WILAYAH KERJA PUSKESMAS TAMANSARI KOTA TASIKMALAYA

Latar belakang: Negara Indonesia memasuki negara dengan struktur penduduk tua. Pergeseran struktur lebih banyak penduduk muda menjadi lebih banyak penduduk tua atau disebut *population ageing*. Pada lansia mengalami kemunduran aktifitas sel-sel sehingga sering menimbulkan penyakit seperti *arthritis gout*. *Arthritis gout* yaitu gangguan inflamasi sendi yang ditandai dengan munculnya nyeri yang diakibatkan karena tingginya kadar asam urat dalam darah, atau akibat dari penumpukkan Kristal Monosodium Urat di persendian. Pencegahan yang dapat dilakukan yaitu dengan terapi farmakologi seperti pemberian obat-obatan untuk menurunkan kadar asam urat dan non farmakologi seperti senam ergonomik yang dapat menurunkan kadar asam urat. Senam ergonomik merupakan senam gabungan dari pernafasan dan otot.

Tujuan: Mengetahui hasil penerapan tindakan senam ergonomik sebagai terapi komplementer terhadap penurunan kadar asam urat pada keluarga gerontik dengan *arthritis gout*.

Metode: Dengan metode pendekatan deskriptif dalam bentuk studi kasus asuhan keperawatan keluarga gerontik dengan penerapan senam ergonomik untuk menurunkan kadar asam urat pada *arthritis gout* di Wilayah kerja Puskesmas Tamansari Kota Tasikmalaya.

Hasil: Setelah diberikan penerapan senam ergonomik selama 7 hari frekuensi 1 kali kurang lebih 20 menit menunjukkan adanya penurunan kadar asam urat pada klien. Kadar asam urat pada saat *pre-test* adalah 12,3 mg/dL, dan *post-test* 10,8 mg/dL.

Kesimpulan: Senam ergonomik dapat menurunkan kadar asam urat pada lansia dengan *arthritis gout* dan dapat dijadikan sebagai tindakan non farmakologis untuk menurunkan kadar asam urat.

Kata Kunci: Lansia, *arthritis gout*, senam ergonomik

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ABSTRACT

***NURSING CARE OF GERONTIK FAMILY WITH THE APPLICATION OF
ERGONOMIC GYMNASTICS TO REDUCE URIC ACID LEVELS IN
ARTHRITIS GOUT IN THE WORKING AREA OF TAMANSARI
COMMUNITY HEALTH CENTER TASIKMALAYA CITY***

Background : *Indonesia is a country with an old population structure. The shift in structure from more young people to more old people is called population aging. The elderly experience a decline in cell activity so that it often causes diseases such as gout arthritis. Gouty arthritis is an inflammatory joint disorder characterized by the appearance of pain caused by high levels of uric acid in the blood, or as a result of the accumulation of monosodium urate crystals in the joints. Prevention that can be done is pharmacological therapy such as administration of drugs to reduce uric acid levels and non-pharmacological activities such as ergonomic exercises that can reduce uric acid levels. Ergonomic gymnastics is a combination of breathing and muscle exercises.*

Objective : *To find out the results of implementing ergonomic exercises as a complementary therapy for reducing uric acid levels in gerontic families with gouty arthritis.*

Methods : *Using a descriptive approach in the form of a case study of gerontic family nursing care with the application of ergonomic exercises to reduce uric acid levels in arthritis gout in the work area of the Tamansari Health Center.*

Results : *After being given the application of ergonomic exercises for 7 days the frequency of 1 time for approximately 20 minutes showed a decrease in uric acid levels in the client. The uric acid level during the pre-test was 12.3 mg/dL, and the post-test was 10.8 mg/dL.*

Conclusion : *Ergonomic exercise can reduce uric acid levels in the elderly with gouty arthritis and can be used as a non-pharmacological measure to reduce uric acid levels.*

Keywords : *Elderly, arthritis gout, ergonomic exercise*