

ANALISIS ASUHAN KEPERAWATAN KELUARGA PADA LANSIA DENGAN ASAM URAT MELALUI INTERVENSI SENAM ERGONOMIK UNTUK MENURUNKAN KADAR ASAM URAT DI WILAYAH KELURAHAN GROGOL, KOTA DEPOK

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Abstrak

Gout arthritis memberi salah satu jenis penyakit radang sendi, umum terjadi pada lansia akibat peningkatan kadar asam urat dalam darah (hiperurisemia). Penyakit ini dapat menimbulkan nyeri hebat, pembengkakan, dan keterbatasan aktivitas harian. Penanganan tidak hanya bergantung pada terapi farmakologis, tetapi juga memerlukan pendekatan nonfarmakologis yang berkelanjutan dan dapat diterapkan oleh lansia. Studi ini bertujuan menganalisis efektivitas intervensi senam ergonomik dalam menurunkan kadar asam urat pada lansia melalui pendekatan asuhan keperawatan keluarga di Kelurahan Grogol, Kota Depok. Metode yang digunakan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan. Hasil menunjukkan bahwa senam ergonomik, yang merupakan kombinasi gerakan otot dan pernapasan, mampu meningkatkan metabolisme, ekskresi asam urat, dan menurunkan inflamasi. Selain itu, dukungan keluarga memiliki peran penting dalam keberhasilan intervensi. Kesimpulan dari penelitian ini menyatakan bahwa senam ergonomik dapat menjadi alternatif terapi nonfarmakologis yang efektif untuk membantu lansia mengelola kadar asam urat secara mandiri dan berkelanjutan dalam konteks keluarga.

Kata Kunci: Asuhan keperawatan keluarga, *Gout arthritis*, Lansia, Senam ergonomik, Terapi nonfarmakologis.

ANALYSIS OF FAMILY NURSING CARE IN THE ELDERLY WITH GOUT THROUGH ERGONOMIC EXERCISE INTERVENTIONS TO REDUCE URIC ACID LEVELS IN THE GROGOL VILLAGE AREA, DEPOK CITY

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Abstract

Gouty arthritis is an inflammatory joint disease that is common in the elderly due to increased uric acid levels in the blood (hyperuricemia). This disease can cause severe pain, swelling, and limitations in daily activities. Treatment does not only depend on pharmacological therapy, but also requires a non-pharmacological approach that is sustainable and can be applied by the elderly. This study aims to analyze the effectiveness of ergonomic exercise interventions in reducing uric acid levels in the elderly through a family nursing care approach in Grogol Village, Depok City. The methods used include assessment, diagnosis, intervention, implementation, and nursing evaluation. The results show that ergonomic exercises, which are a combination of muscle movements and breathing, can increase metabolism, uric acid excretion, and reduce inflammation. In addition, family support plays an important role in the success of the intervention. The conclusion of this study states that ergonomic exercises can be an effective alternative nonpharmacological therapy to help the elderly manage uric acid levels independently and sustainably in a family context.

Keywords: Gouty arthritis, Elderly, Ergonomic gymnastics, Family nursing care, Nonpharmacological therapy.