

ASUHAN KEPERAWATAN KELUARGA PADA NY. K DENGAN NYERI AKUT AKIBAT GOUT ARTHRITIS DI KELURAHAN PANCORAN MAS KOTA DEPOK

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Abstrak

Gout arthritis merupakan penyakit inflamasi sendi akibat penumpukan kristal monosodium urat yang sering menyebabkan nyeri akut dan keterbatasan aktivitas pada lansia. Penanganan gout arthritis tidak hanya berfokus pada terapi medis, tetapi juga memerlukan dukungan keluarga dalam perawatan di rumah. Namun, masih ditemukan keluarga yang belum optimal dalam mengenali masalah kesehatan, merawat anggota keluarga yang sakit, serta memanfaatkan fasilitas pelayanan kesehatan. Studi kasus ini bertujuan untuk menggambarkan penerapan asuhan keperawatan keluarga pada Ny. K dengan nyeri akut akibat gout arthritis di Kelurahan Pancoran Mas Kota Depok. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan asuhan keperawatan keluarga melalui pengkajian, diagnosis, intervensi, implementasi, dan evaluasi berdasarkan SDKI, SLKI, dan SIKI. Pengumpulan data dilakukan melalui wawancara, observasi, dan pemeriksaan fisik pada tanggal 2–7 Maret 2026. Hasil studi menunjukkan Ny. K mengalami nyeri lutut kanan dengan skala nyeri 6 dan kadar asam urat 7,3 mg/dL. Diagnosis keperawatan yang ditegakkan yaitu nyeri akut dan manajemen kesehatan keluarga tidak efektif. Setelah dilakukan edukasi kesehatan, diet rendah purin, dan kompres hangat jahe, terjadi penurunan skala nyeri dan peningkatan kemampuan keluarga dalam merawat pasien. Simpulan menunjukkan bahwa asuhan keperawatan keluarga efektif membantu menurunkan nyeri dan meningkatkan kemampuan keluarga dalam perawatan gout arthritis.

Kata kunci: asuhan keperawatan keluarga, gout arthritis, lansia, nyeri akut

FAMILY NURSING CARE FOR MRS. K WITH ACUTE PAIN DUE TO GOUT ARTHRITIS IN PANCORAN MAS VILLAGE, DEPOK CITY

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Abstract

Gout arthritis is an inflammatory joint disease caused by the accumulation of monosodium urate crystals which often results in acute pain and limited activity in the elderly. The management of gout arthritis not only focuses on medical therapy but also requires family support in home care. However, some families are still not optimal in recognizing health problems, caring for sick family members, and utilizing health care facilities. This case study aimed to describe the implementation of family nursing care for Mrs. K with acute pain due to gout arthritis in Pancoran Mas Village, Depok City. The method used was a descriptive case study with a family nursing care approach through assessment, diagnosis, intervention, implementation, and evaluation based on SDKI, SLKI, and SIKI. Data collection was conducted through interviews, observations, and physical examinations from March 2–7, 2026. The results showed that Mrs. K experienced right knee pain with a pain scale of 6 and a uric acid level of 7.3 mg/dL. The nursing diagnoses established were acute pain and ineffective family health management. After health education, a low-purine diet, and warm ginger compresses were provided, there was a decrease in pain scale and an improvement in the family's ability to care for the patient. The conclusion showed that family nursing care was effective in reducing pain and improving the family's ability to manage gout arthritis.

Keywords: *acute pain, elderly, family nursing care, gout arthritis*