

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Asuhan Keperawatan pada lansia dengan gangguan nyeri *osteoarthritis* lutut di Gebang Jember

Osteoarthritis merupakan gangguan muskuloskeletal yang paling sering pada lansia. Nyeri sendi hebat menghambat pergerakan dan mobilisasi lansia sehingga meningkatkan ketergantungan lansia. Latihan *isometric quadriceps* dan kompres hangat bantal listrik merupakan bentuk intervensi non farmakologi, yang dapat dikombinasikan dengan terapi lain. Tujuan: untuk mengetahui asuhan keperawatan pada lansia dengan nyeri *osteoarthritis* lutut. Metode: Penelitian ini merupakan studi kasus. Penelitian dilaksanakan pada bulan November 2022 di wilayah Gebang Jember. Sampel penelitian yang dilibatkan sebanyak 2 responden. Skala nyeri responden diukur sebelum dan setelah perlakuan diberikan menggunakan NRS (*Numerical Rating Scale*). Data dianalisis berdasarkan teori dan fakta hasil intervensi pada 2 responden. Kesimpulan: kompres hangat bantal listrik dan latihan *isometric quadriceps* terbukti efektif dalam menurunkan intensitas nyeri pada lansia. Kedua teknik tersebut direkomendasikan kepada lansia untuk meredakan nyeri secara non farmakologi serta meningkatkan kemandirian lansia.

Kata kunci : Osteoarthritis, Latihan *Isometric Quadriceps*, Kompres Hangat Bantal Listrik, Nyeri

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Nursing Care of The Elderly With Joint Pain Disorder in Gebang Jember

Osteoarthritis is the most common musculoskeletal disorder in the elderly. Severe joint pain hinders the movement and mobilization of the elderly, thereby increasing the dependency of the elderly. Isometric quadriceps exercises and electric pillow warm compresses are forms of non-pharmacological intervention, which can be combined with other therapies. Objective: to determine nursing care for the elderly with joint pain. Methods: it is a case study. The research was conducted in November 2022 in the Jember area. involving 2 respondents. The respondent's pain scale was measured before and after the treatment given using the NRS (Numerical Rating Scale). Data were analyzed based on the theory and facts of the results of the intervention on 2 respondents. Conclusion: warm compresses electric pillow and isometric quadriceps exercises were found effective in reducing the pain intensity in elderly. This method is recommended to relieve pain non-pharmacologically metode and increase the independence of the elderly.

Keywords: *Osteoarthritis, Isometric Quadriceps Exercise, Warm Compress Electric Pillow, Pain.*