

Abstrak

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Analisis Asuhan Keperawatan Pada Lansia yang Mengalami Imobilitas dengan Masalah Nyeri Menggunakan Terapi Serai di Wilayah Kerja Puskesmas Summersari Jember

ABSTRAK

Pendahuluan: 57% lansia di dunia mengalami masalah kronik pada sistem tulang dan sendi, 40% diantaranya terdiagnosis arthritis dengan gejala nyeri. Penanganannya dianjurkan menggunakan terapi nonfarmakologi dengan pertimbangan bahwa terapi farmakologi yang diberikan secara terus menerus berpotensi menimbulkan ketergantungan dan mengganggu organ tubuh lansia. **Metode:** Studi ini menggunakan desain studi kasus pada tiga klien yang mengalami sindrom geriatri imobilitas dengan masalah nyeri. Pengumpulan informasi melalui wawancara dan observasi, menggunakan analisis induktif dan penyajian data. Studi ini dilakukan selama 4 hari kerja. **Hasil:** Hasil evaluasi yaitu, skala nyeri klien 1 sebelum dilakukan terapi kompres hangat serai 6 (nyeri sedang) setelah diberikan terapi menjadi 2 (nyeri ringan). Skala nyeri klien 2 sebelum dilakukan terapi kompres hangat serai 7 (nyeri berat) setelah diberikan terapi menjadi 4 (nyeri sedang). Skala nyeri klien 3 sebelum dilakukan terapi kompres hangat serai 6 (nyeri sedang) setelah diberikan terapi menjadi 3 (nyeri ringan). **Kesimpulan:** Skala nyeri klien menurun setelah dilakukan terapi kompres hangat serai.

Kata Kunci: Sindrom Geriatri Imobilitas, Nyeri Kronis Lansia. Terapi Serai

Abstract

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Analysis of Nursing Care for the Elderly Experiencing Immobility with Pain Problems Using Lemongrass Therapy in the Health Center Workspace Summersari Jember

ABSTRACT

Introduction: 57% of the elderly in the world experience chronic problems with the bone and joint system, 40% of whom are diagnosed with arthritis. The treatment is recommended using non-pharmacological therapy with the consideration that pharmacological therapy given continuously has the potential to cause dependence and interfere with the elderly's organs. **Method:** This study uses a case study design on three clients who experience geriatric immobility syndrome with pain problems. Information collection through interviews and observations, using inductive analysis and data presentation. This study was conducted for 4 working days. **Results:** The results of the evaluation were that the pain scale of client 1 before warm lemongrass compress therapy was 6 (moderate pain), and after therapy was given, it was 2 (mild pain). The pain scale of client 2 before warm lemongrass compress therapy was 7 (severe pain), after therapy was given, it was 4 (moderate pain). The pain scale for client 3 was 6 (moderate pain) before warm lemongrass compress therapy and decreased to 3 (mild pain) after the therapy. **Conclusion:** The client's pain scale decreased after warm lemongrass compress therapy.

Keywords: Geriatric Immobility Syndrome, Chronic Pain in the Elderly. Lemongrass Therapy