

ABSTRAK

Elvita Delivia Agnistyasa (2025). Asuhan Keperawatan Pada Lansia Penderita Gout Arthritis dengan Gangguan Mobilitas Fisik di Wilayah Kerja Puskesmas Ponorogo Utara. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan Ponorogo Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang, Pembimbing Agung Eko Hartanto, S.Kep, Ns. M.Kep

Gout Arthritis sering dikenal dengan penyakit asam urat merupakan salah satu penyakit radang sendi yang terjadi di lingkungan masyarakat dan sering muncul pada kelompok pra-lansia atau lansia lebih dari 45 tahun. Gangguan mobilitas fisik sering menjadi masalah keperawatan pada kasus *gout arthritis* akibat *Hiperurisemia* sehingga terjadi penumpukan Kristal monosodium pada sendi yang menimbulkan nyeri dan kekakuan sendi yang menghambat mobilitas fisik. Penelitian ini bertujuan untuk memberikan asuhan keperawatan pada lansia penderita gout arthritis dengan gangguan mobilitas fisik. Metode penelitian yang digunakan yaitu deskriptif kualitatif dengan pendekatan studi kasus, teknik pengumpulan data yaitu wawancara dan kuesioner instrumen *Standar Luaran Keperawatan Indonesia* (SLKI) dengan penilaian gangguan mobilitas fisik. Pasien Ny.A usia 58 tahun mengalami *gout arthritis* selama 6 bulan. Hasil penelitian didapatkan klien mengalami nyeri dan kaku pada persendian lutut yang mengakibatkan kesulitan dalam melakukan aktivitasnya. Diagnosa keperawatan yang diambil gangguan mobilitas fisik. Intervensi keperawatan sesuai SIKI adalah Dukungan Mobilisasi dengan latihan *Range Of Motion* (ROM) dan *senam ergonomic*. Implementasi yang dilakukan sesuai rencana keperawatan dilakukan selama 7 hari. Evaluasi menunjukkan bahwa terjadi penurunan gangguan mobilitas fisik sedang (skor 14) menjadi gangguan mobilitas fisik ringan (skor 10). Kesimpulan dari kasus Ny. A adalah dengan Latihan ROM dan *senam ergonomic* dilakukan secara teratur dapat merangsang dilatasi atau pelebaran pembuluh darah sehingga sirkulasi darah menjadi lancar dan mampu membuang tumpukan asam urat keluar melalui urin, serta menimbulkan pembesaran (hipertrofi) fibril otot.

Kata Kunci: *Gout Arthritis, Gangguan Mobilitas Fisik, Senam Ergonomik*

ABSTRACT

Elvita Delivia Agnistyasa (2025). Nursing Care for the Elderly with Gout Arthritis with Physical Mobility Disorders in the Working Area of the North Ponorogo Health Center. Scientific Paper Case Study, D-III Nursing Study Program Ponorogo Department of Nursing, Health Polytechnic of the Ministry of Health Malang, Supervisor Agung Eko Hartanto, S.Kep, Ns. M.Kep

Gout Arthritis, often known as gout, is one of the inflammatory diseases that occur in the community and often appears in pre-elderly groups or the elderly over 45 years old. Physical mobility disorders are often a nursing problem in cases of gout arthritis due to Hyperuricemia so that there is a buildup of monosodium crystals in the joints that cause joint pain and stiffness that inhibits physical mobility. This study aims to provide nursing care to elderly people with gout arthritis with physical mobility disorders. The research methods used were qualitative descriptive with a case study approach, data collection techniques namely interviews and questionnaires of the Indonesian Nursing Output Standards (SLKI) instrument with an assessment of physical mobility impairments. Patient Mrs. A aged 58 years had gout arthritis for 6 months. The results of the study were obtained that the client experienced pain and stiffness in the knee joint which resulted in difficulty in carrying out his activities. Nursing diagnoses taken with physical mobility disorders. Nursing interventions according to SIKI are Mobilization Support with Range Of Motion (ROM) exercises and ergonomic gymnastics. The implementation carried out according to the nursing plan was carried out for 7 days. The evaluation showed that there was a decrease in moderate physical mobility disorder (score 14) to mild physical mobility disorder (score 10). The conclusion of Mrs. A's case is that with ROM exercises and ergonomic exercises carried out regularly can stimulate dilatation or dilation of blood vessels so that blood circulation becomes smooth and able to remove uric acid deposits out through the urine, as well as cause enlargement (hypertrophy) of muscle fibrils.

Keywords: Gout Arthritis, Physical Mobility Disorders, Ergonomic Gymnastics