ABSTRAK

Delta Utari. (2026). *Implementasi Kompres Hangat Daun Kelor Untuk Menurunkan Intensitas Nyeri Sendi Pada Lansia Dengan Asam Urat di Wilayah Kerja Puskesmas Lawang Kabupaten Malang*. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan Malang, jurusan Keperawatan, Politeknik Lesehatan Kemenkes Malang, Pembimbing Abdul Hanan, S.Kep., Ns., M.Kes

Asam urat atau gout merupakan penyakit inflamasi sendi akibat penumpukan kristal monosodium urat yang menimbulkan nyeri, bengkak, dan keterbatasan aktivitas, terutama pada lansia. Penanganan nyeri dapat dilakukan secara farmakologis maupun nonfarmakologis. Salah satu terapi nonfarmakologis yang dapat digunakan adalah kompres hangat daun kelor karena mengandung flavonoid dan senyawa antiinflamasi yang dapat membantu menurunkan nyeri sendi. Penelitian ini menggunakan desain studi kasus deskriptif dengan dua subjek lansia penderita asam urat di wilayah kerja Puskesmas Lawang, Kabupaten Malang. Teknik pengambilan subjek menggunakan purposive sampling sesuai kriteria inklusi dan eksklusi. Intervensi dilakukan dengan pemberian kompres hangat daun kelor selama 20 menit, satu kali sehari selama tujuh hari. Pengumpulan data dilakukan melalui wawancara, observasi, pengukuran skala nyeri menggunakan Numeric Rating Scale (NRS), serta pemeriksaan kadar asam urat. Setelah dilakukan implementasi kompres hangat daun kelor selama tujuh hari, terjadi penurunan intensitas nyeri pada kedua subjek. Nyeri yang awalnya berada pada kategori sedang menurun menjadi nyeri ringan. Selain itu, subjek menyatakan rasa lebih nyaman, rileks, dan pergerakan sendi menjadi lebih baik setelah dilakukan terapi. Hasil observasi juga menunjukkan adanya penurunan kadar asam urat pada kedua subjek setelah intervensi diberikan. Implementasi kompres hangat daun kelor efektif membantu menurunkan intensitas nyeri sendi pada lansia dengan asam urat. Terapi ini dapat dijadikan sebagai alternatif intervensi nonfarmakologis yang mudah, aman, dan ekonomis dalam membantu mengatasi nyeri akibat asam urat pada lansia.

Kata Kunci: asam urat, nyeri sendi, kompres hangat, daun kelor, lansia.

ABSTRACT

Delta Utari. (2026). Implementation of Warm Compresses with Moringa Leaves to Reduce Joint Pain Intensity in Elderly People with Gout in the Lawang Community Health Center Work Area, Malang Regency. Scientific Paper Case Study, D-III Nursing Study Program, Malang, Nursing Department, Health Polytechnic, Ministry of Health, Malang, Supervisor: Abdul Hanan, S.Kep., Ns., M.Kes

Gout is an inflammatory joint disease caused by the accumulation of monosodium urate crystals, causing pain, swelling, and activity limitations, especially in the elderly. Pain management can be done pharmacologically and non-pharmacologically. One non-pharmacological therapy that can be used is a warm compress with moringa leaves because it contains flavonoids and anti-inflammatory compounds that can help reduce joint pain. This study used a descriptive case study design with two elderly subjects with gout in the Lawang Community Health Center, Malang Regency. The subject selection technique used purposive sampling according to inclusion and exclusion criteria. The intervention was carried out by applying a warm compress with moringa leaves for 20 minutes, once a day for seven days. Data collection was carried out through interviews, observations, pain scale measurements using the Numeric Rating Scale (NRS), and uric acid levels. After implementing the warm compress with moringa leaves for seven days, there was a decrease in pain intensity in both subjects. Pain that was initially in the moderate category decreased to mild pain. In addition, the subjects stated that they felt more comfortable, relaxed, and their joint movement improved after the therapy. The observation results also showed a decrease in uric acid levels in both subjects after the intervention was given. Warm compresses with moringa leaves are effective in reducing joint pain in elderly people with gout. This therapy can be used as an easy, safe, and economical non-pharmacological intervention to help manage gout pain in the elderly.

Keywords: gout, joint pain, warm compresses, moringa leaves, elderly.