

**PROGRAM STUDI DIPLOMA III KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU
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**Pengaruh Kompres Hangat Terhadap Penurunan Nyeri Sendi Pada Lansia
Dengan Penyakit Gout Athritis Di UPT PSTW Khusnul Khotimah.**

xiii + 39 Halaman + 2 Skema + 6 Tabel + 6 Lampiran

ABSTRAK

Asam urat merupakan kondisi hasil metabolisme akhir purin yang dapat menyebabkan gejala nyeri tidak tertahankan, pembengkakan dan rasa panas dipersendian. Hal tersebut membuat lansia mengalami penurunan kemampuan dalam melakukan aktivitas sehari – hari hingga pemberian kompres hangat diperlukan terhadap lansia. **Tujuan** penelitian untuk Mengetahui pengaruh kompres hangat terhadap penurunan nyeri sendi pada lansia dengan penyakit gout athritis di UPT PSTW Khusnul Khotimah Pekanbaru . **Desain** penelitian yang digunakan adalah pre *experimental designs* dengan rancangan ‘*One Group Pretest and Posttest*. **Populasinya** seluruh lansia penderita penyakit asam urat di UPT PSTW Khusnul Khotimah Pekanbaru sebesar 17 orang lansia dengan sampel 17 orang lansia. Teknik pengambilan sampel yaitu total sampling. Hasil penelitian menggunakan uji statistic didapatkan nilai $p\text{ value} = 0,000 < (0,05)$. Dapat disimpulkan penelitian menunjukkan adanya pengaruh kompres hangat terhadap penurunan nyeri sendi pada lansia dengan penyakit Gout Athritis di UPT PSTW Khusnul Khotimah Pekanbaru.

Kata Kunci : Athritis Gout, Kompres Hangat, Penurunan Nyeri

Referensi : 14 (2012 – 2020)

NURSING DIPLOMA III STUDY PROGRAM
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***The Effect of Warm Compresses on Reducing Joint Pain in the Elderly With Gout
Athritis At UPT PSTW Khusnul Khotimah.***

39 Pages + 6 Tables + 2 Schematics + 6 Attachments

ABSTRACT

Gout is a condition of the end result of purine metabolism that can cause symptoms of unbearable pain, swelling and a burning sensation in the joints. This makes the elderly experience a decrease in the ability to carry out daily activities so that giving warm compresses is needed for the elderly. The purpose of the study was to determine the effect of warm compresses on reducing joint pain in the elderly with gout arthritis at UPT PSTW Khusnul Khotimah Pekanbaru. The research design used was pre experimental designs with the design of "One Group Pretest and Posttest. The population of all elderly people with gout at UPT PSTW Khusnul Khotimah Pekanbaru is 17 elderly people with a sample of 17 elderly people. The sampling technique is total sampling. The results of the study using statistical tests obtained the value of value = $0.000 < (0.05)$. It can be concluded that research shows the effect of warm compresses on reducing joint pain in the elderly with Gout Athritis disease at UPT PSTW Khusnul Khotimah Pekanbaru.

Keywords: Gout Athritis, Warm Compress, Pain Reduction
Reference : 14 (2012 – 2020)