ABSTRACT

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Difference of compress warm waterm and compress red ginger (Zingiber Officinale Var Rubrum) for the pain levels of gout in elderly in Werdha Palembang.

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Background : increased levels uric acid in the blood leads to accumulation of uric acid levels resulting in gout, until disability, inflammation, swelling, redness and pain that will disrupt in daily activities. Gout pain can be overcome with pharmacological and non pharmacological. Therapy non pharmacological can us compresses warm and therapy red ginger (Zingiber Officinale Var Rubrum).

Purpose : know the difference of therapy compresses water warm and therapy red ginger (Zingiber Officinale Var Rubrum) again the pain levels of gout in elderly people in Werdha Palembang.

Method : this research uses qualitatif, whit method quasi eksperiment design, rdesign pretest posttest, sampling by using Total Sampling which consist of 42 subject research. Bivariat analysis wilcoxon and mann-whitney test.

Result : all responden in this study were 60-74 years old, the majority of woman (66,7%), uric acid levels >7,1 mg/dL (61,9%), pain levels pretest (7-9) (59,5%), postest (1-3) (66,7%) type of gout therapy: compress warm waterm (50%) and compress red ginger (50%). based on the result of wilcoxon statistical test compress warm waterm p value : 0.00 and compress red ginger (Zingiber Officinale Var Rubrum) p value : 0.00, there are differences before and after the intervention is given to reduce the level of gout pain, statistic test mann-whitney p value : 0.518 (P<0,05) no difference compresses water warm and compress red ginger, value mean rank compress red ginger (20,50), compress warm water (22,50). compress warm water and compress red gingeer equally good in reducing pain but more effective for red ginger compresses. Suggested red gingeer compresses are used to tread gout pain in the elderly.

Key words : levels pain, compress warm waterm, compress red ginger (zingiberofficinale var rubrum).