

ABSTRACT

Rita Merliana 30.01.14.0041

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

SKRIPSI

PROGRAM ILMU KEPERAWATAN

FAKULTAS KESEHATAN

UNIVERSITAS KATOLIK MUSI CHARITAS

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 use compresses warm and therapy red ginger (Zingiber Officinale Var Rubrum).*

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

Method : *this research uses qualitative, with method quasi eksperimen design, rdesign pretest posttest, sampling by using Total Sampling which consist of 42 subject research. Bivariate 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%), posttest (1-3) (66,7%) type of gout therapy: compress warm water (50%) and compress red ginger (50%). based on the result of wilcoxon statistical test compress warm water 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 ginger equally good in reducing pain but more effective for red ginger compresses. Suggested red ginger compresses are used to treat gout pain in the elderly.*

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