

ABSTRAK

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Comparison of Pain Level of Gout Arthritis Patients in Work Area of Puskesmas OPI Palembang.

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Keywords: Warm Compress, Gout Arthritis Pain, Comparison of Pain Level Gout Arthritis Patients (xviii + 69 pages + 9 tables + 1 image + 12 attachment)

Background: The prevalence of epidemiologic hyperuricemia was of 4,683 individuals aged between 15 and 45 years at 17.6%. Gout arthritis is characterized by rapid onset, pain is felt suddenly on affected joints, followed by a sense of warmth in the joints. Interventions that can be given to reduce pain can be done by providing complementary therapies such as warm compresses.

Objective: This study aims to determine differences in pain levels in patients with gout arthritis before and after a warm compress.

Method: This research used pre-experiment design with one group pretest and posttest design on 32 respondents by convenience sampling. The subjects received a warm compress therapy using washlap (towel) which performed warm water compress for 15 minutes with temperature 37 - 40°C. Both groups measured the scale of the pain before and after administration of warm compresses to gout arthritis pain using a Verbal Descriptor Scale (VDS) before and after the intervention. Data were analyzed using Wilcoxon Signed Ranks Test.

Results: The majority of respondents were young adults (75%), female (91%), preoperative pain level (62%) and pain level after moderate pain intervention (53%). The subject's pretest pain level with gout arthritis prior to intervention has a median of 4 (controlled severe pain) of at least 3 (moderate pain) and maximum 5 (uncontrolled severe pain). Posttest subjects post pain with gout arthritis after intervention has median 3 (moderate pain) minimum 2 (mild pain) and maximum 3 (moderate pain). Significant differences occurred on the scale of pretest and posttest pain between intervention groups ($p = 0.001$).

Conclusion: Warm compresses for 15 minutes with a temperature of 37 - 40°C can reduce pain gout arthritis as much as 31 $p = 0.001$.

Suggestion: Warm compresses can be done independently by gout arthritis patients and can be one of the pain management in Puskesmas, and can be developed through subsequent research using quasi experimental research design.

Bibliography: 40 (2006 - 2016)