

SITI MAYSAROH
NIMC2015097
Nursing Science Program

Consultans:
1. Mulyaningsih, S.Kep,Ns.,M.Kep
2. DyahRahmawatie RBU, S.Kep,Ns.,
M.Kep

THE EFFECTIVENESS OF ISOMETRIC EXERCISE TO THE SCALE OF PAIN IN GOUT ARTRITIC DISEASE WITH GOUT AT THE POSYANDU MAWADAH WAROHMAH 'AISYIYAH SURAKARTA

ABSTRACT

Background: The prevalence of joint disease in Indonesia in 2013 was 11.9% in 2018 decreased to 7.3%. According to WHO, increasing the elderly population will increase in various diseases, one of which is gout. Gout is a condition of the end of purine metabolism that can cause symptoms of unbearable pain, burning sensation in the joints makes the elderly experience a decrease in the ability to perform daily activities so that isometric training is needed for the elderly. ***Objectives:*** This study aimed to determine the effect of isometric exercise to reduce uric acid pain in elderly with uric acid at the Posyandu Elderly Mawadah Warohmah Aisyiyah Surakarta. ***Method:*** This study used a One Group Pre Test-Post Test design with NRS (Numeric Rating Scale) instrument. ***Result:*** Paired t test results showed that p value <0.05 p value of 0.006 means that there are differences in the average scale of joint pain before and after isometric exercises. ***Conclusion:*** Before conducting joint pain research, it showed an average of 4.30. After the pain research was conducted, it showed an average of 3.50, so there was a difference in the average scale of joint pain. Pre Test-Post Test was performed isometric exercises at the Posyandu Elderly Mawadah Warohmah 'Aisyiyah Surakarta.

Key words: Isometrik exercise, elderly pain, gout artritikal disease