

APPLICATION OF WARM SALT WATER SOAK ON PAIN SCALE IN ELDERLY WITH GOUT ARTHRITIS

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ABSTRACT

*Gout Arthritis is a phenomenon of joint inflammation caused by the accumulation of uric acid crystals in the joints. When uric acid levels increase, it leads to inflammation, resulting in pain in the joints. To reduce the pain experienced by the patient, non-pharmacological management such as soaking in warm salt water can be performed. **Objective:** To determine the scale of gout arthritis pain in the elderly before, after, and the comparison of respondents during the application of warm salt water immersion.. **Method:** Descriptive research through case studies by applying warm salt water immersion to 2 respondents. Inclusion criteria are elderly patients with gout arthritis experiencing mild to moderate pain, and elderly individuals with an SPMSQ score of no more than 5 errors. Soak in warm water with salt for 7 days for a duration of 20 minutes, measuring pain intensity using the Numeric Rating Scale (NRS) before and after application. **Results:** The study results show a decrease in pain scale values before and after the warm salt water soaking therapy. Both respondents experienced a decrease from moderate pain to mild pain. **Conclusion:** The administration of warm salt water immersion therapy has an effect on reducing the pain scale in the elderly with gout arthritis.*

Keywords: elderly; gout arthritis; pain scale; warm water soak; salt