

***THE APPLICATION OF RANGE OF MOTION (ROM) TO CHANGES
IN PAIN SCALE IN ELDERLY OSTEOARTRITIS IN THE AREA
OF STRIATED HEALTH CENTERS***

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ABSTRACT

Background ; Elderly is someone whose age is undergoing biological, physical, psychological and social changes. Elderly people often experience some degenerative diseases. Problems that often occur in the elderly are susceptible to joint disease, osteoarthritis (OA) is the most common joint disorder found. One of the non-pharmacological pain management that can be done by nurses is ROM therapy. **Aim** ; Describe the result of the implementation of the application of ROM to reduce the scale of the pain in patients osteoarthritis in the elderly in the area of Ngoresan Health Centers. **Method** ; This study used descriptive methods VDS pain scale instrumens and observation sheets. **Results** ; After being given ROM for 1 week in the morning and evening within 20 minutes there was a decrease in the scale of pain in both responden. Decreased scale of pain Ny.A from pain scale 6 (moderate pain) to 4 (mild pain) while decreasing the scale of pain in Ny.P from the pain scale 5 (moderate pain) to 3 (mild pain). The average reduction in pain both respondents is 2. **Conclusion** ; There was a decrease in the scale of pain after implementing ROM.

Key words ; Elderly, Osteoarthritis, ROM.