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Judul : Asuhan Keperawatan Pada Lansia Yang Mengalami *Gout Arthritis* Dengan Gangguan Mobilitas Fisik Melalui *Tindakan Range Of Motion* Aktif Di Panti Tresna Werdha Budi Mulia 1 Cipayung Jakarta Timur

ABSTRAK

Latar Belakang: Gout Arthritis merupakan penyakit inflamasi sendi akibat penumpukan kristal asam urat yang sering terjadi pada lansia dan menimbulkan nyeri, kekakuan, serta gangguan mobilitas fisik. Kondisi ini berdampak pada penurunan kemampuan aktivitas sehari-hari dan kualitas hidup. Intervensi nonfarmakologis seperti *Range of Motion* (ROM) aktif diperlukan untuk meningkatkan kekuatan otot dan mempertahankan rentang gerak sendi. **Metode:** Karya Ilmiah Akhir Ners ini menggunakan metode deskriptif dengan pendekatan studi kasus pada satu lansia dengan *Gout Arthritis* di Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung. Proses keperawatan meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Intervensi utama berupa latihan ROM aktif dilakukan selama 3 hari, setiap pagi, dengan frekuensi 10–15 kali per menit. **Hasil:** Klien Ny. S usia 77 tahun mengalami nyeri lutut kanan skala 6 (NRS) dan kekuatan otot ekstremitas bawah 3/5. Setelah intervensi, terjadi penurunan nyeri, peningkatan kekuatan otot, perbaikan rentang gerak sendi, serta peningkatan kemampuan mobilitas dan kemandirian dalam aktivitas sehari-hari. **Kesimpulan:** Penerapan latihan *Range of Motion* (ROM) aktif dapat membantu meningkatkan mobilitas fisik pada lansia dengan *Gout Arthritis* melalui peningkatan kekuatan otot, perbaikan rentang gerak sendi, serta penurunan nyeri sehingga lansia lebih mampu melakukan aktivitas sehari-hari..

Kata Kunci: Gout Arthritis, Gangguan Mobilitas Fisik, Lansia, ROM Aktif

Daftar Pustaka: 32 buah (2017-2025)

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Title : Nursing Care for Elderly Patients with *Gout Arthritis* Experiencing Impaired Physical Mobility Through Active *Range of Motion* Exercises at Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung

ABSTRACT

Background: *Gout Arthritis* is an inflammatory joint disease caused by the accumulation of uric acid crystals, commonly occurring in the elderly. It leads to pain, joint stiffness, and impaired physical mobility. This condition affects the elderly's ability to perform daily living activities and reduces their quality of life. Non-pharmacological interventions such as active Range of Motion (ROM) exercises are needed to improve muscle strength and maintain joint flexibility. **Methods:** This Final Nursing Scientific Paper employed a descriptive method with a case study approach involving one elderly patient with *Gout Arthritis* at Panti Sosial Tresna Werdha Budi Mulia 1 Cipayung. The nursing process included assessment, nursing diagnosis, planning, implementation, and evaluation. The main intervention was active ROM exercises conducted for three consecutive days, every morning, with a frequency of 10–15 repetitions per minute. **Results:** The patient, Mrs. S, aged 77 years, experienced right knee pain with a scale of 6 (NRS) and lower extremity muscle strength of 3/5. After the intervention, there was a reduction in pain intensity, improvement in muscle strength, increased joint range of motion, and enhanced mobility and independence in performing daily activities. **Conclusion:** The implementation of active *Range of Motion* (ROM) exercises can help improve physical mobility in elderly patients with *Gout Arthritis* by increasing muscle strength, improving joint range of motion, and reducing pain, thereby enabling the elderly to perform daily activities more independently.

Keywords: Gout Arthritis, Impaired Physical Mobility, Elderly, Active ROM

References: 32 sources (2017–2025)