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Nursing Care For Elderly Mr. H With Gout Arthritis At Social Service Upt Deaf And Speech Impaired And Elderly Pematangsiantar

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Abstract

Gout arthritis is a joint disease caused by a purine metabolism disorder, characterized by high levels of uric acid in the blood. According to the World Health Organization (WHO), the prevalence is projected to reach 47 million by 2025. This study aims to provide gerontic nursing care for a patient with gout arthritis. The study employed a descriptive design using a case study approach. The research subject was one elderly individual suffering from gouty arthritis. The study was conducted from April 16 to April 20, 2026, at the Social Service Unit for the Hearing and Speech Impaired and the Elderly in Pematangsiantar City. Data collection techniques included interviews, physical examinations, and documentation review. The results of gerontic nursing care for Mr. H (78 years old) with gouty arthritis showed a gradual improvement in the client's condition over the five-day care period. Pain in the left leg decreases, making the client more comfortable during activities; mobility improved (despite the continued use of a cane); and the client was able to understand and begin implementing the recommended low-purine diet. Gerontic nursing care for an elderly patient with gouty arthritis demonstrated a significant improvement in clinical condition. The client should maintain a healthy lifestyle, engage in activities within their capabilities, and adhere to a low-purine diet.

Keywords: Gerontological Nursing Care, Elderly, Gout Arthritis

INTRODUCTION

Gerontic is elderly, or carry on age, refers to individuals who have enter stage end in cycle life humans, who usually marked with various change physical, psychological, and social due to the aging process. Concept elderly the more relevant along with increasing population

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elderly in various parts of the world, including Indonesia, which provide impact significant to system social and health society (Ahya et al., 2024). In some decade lastly, the number elderly Keep going increase globally, so that important For understand phenomenon This in more context wide, especially in field nursing, health community and planning social (Karo et al., 2022). Gout Arthritis is a disease the joints that caused by interference metabolism marked purine with height level sour tendon in blood. Acid levels high blood pressure in blood exceed normal limits can cause accumulation sour veins inside joints and body organs others. Accumulation sour tendon this is what makes joints felt aches, pains, and inflammation. According to data from the World Health Organization (WHO), in 2019 an estimated 34 million people worldwide suffered from gouty arthritis. This number rose to approximately 36 million in 2020. In 2021, the number of people with the condition reached approximately 37 million, then rose to about 41 million in 2022 and approximately 44 million in 2023. The WHO projects that by 2025, the number of people with gout arthritis worldwide could reach more than 47 million, with the majority of cases occurring among the elderly (WHO, 2025). Based on data from the Ministry of Health of the Republic of Indonesia, in 2019 it was estimated that approximately 18 million Indonesians suffered from joint disorders, including gout arthritis. This number increased to approximately 20 million in 2020. In 2021, the number of patients rose to approximately 22 million, and in 2022, it reached approximately 25 million. Furthermore, from 2023 to 2024, the number of patients is projected to reach 27 to 29 million. The Ministry of Health of the Republic of Indonesia projects that by 2025, the number of people with gout arthritis in Indonesia could exceed 30 million, with the elderly being the most affected group.

Based on data from North Sumatra Provincial Health Service said that Gout Arthritis is also a disease problem lots of health experienced by the elderly. Based on the report of the North Sumatra Provincial Health Office, in 2019 the number of Gout Arthritis sufferers are estimated to reach around 1.8 million souls. Number the increase become around 1.9 million souls in 2020, reaching around 2 million souls in 2021, and around 2.1 million souls in 2022. It is projected that in 2025 the number Gout Arthritis sufferers in North Sumatra Province can increase become more from 2.3 million soul (Health Office) North Sumatra, 2025). Research results by Nur Sabina and Juanita (2025) Gout arthritis becomes problem general health experienced by the elderly age and impact significant to quality life, limitations activity daily, and conditions psychosocial. Elderly people with gouty arthritis often experience sign symptom like painful protruding joints in a way suddenly, especially moment get up sleep, accompanied by swelling of the extremities like Mother toes, knees, and fingers hand. The purpose of the work scientific This report care nursing care in the diagnosis of gout arthritis and anxiety in

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Gampong Peunayong, Banda Aceh. Based on the results assessment, problem nursing care received that is painful chronic, disorder pattern sleep, anxiety and risk fall. experience painful chronic in the knees and both the soles of the feet are felt since 5 months final with scale painful 4 (Richardson, 2018).

METHOD

The research design used in this study is a qualitative descriptive study with a case study approach. Moleong (2021) qualitative research is "research that produces descriptive data in the form of written or spoken words from people and observable behavior." Moleong explains that this research is very useful in understanding behavioral patterns and social interactions in depth. This study uses a case study approach that aims to describe how geriatric nursing care is provided to the elderly with a medical diagnosis of Gout Arthritis in the Mawar B room at the Social Services Unit for the Deaf, Mute, and Elderly in Pematangsiantar (Liu & Xu, 2021). The research was conducted in the Mawar B Room of the Social Services Unit for the Deaf and Mute and Elderly in Pematangsiantar from April 16 to April 20, 2026. A research informant is a specific person or party outside the research who has expertise in the research topic or problem. Some refer to them as key informants, as they possess a deep understanding of the material or topic being studied. Others refer to them as participants (Watson & Simms, 2022). However, researchers prefer to use the term "key informant" in their research, including in this book, because it demonstrates a deeper understanding and knowledge than other participants, thus making them a key informant (Mouffe, 2022). Data analysis is the analysis of data that has been obtained so that the results obtained are easier for readers to understand. Data analysis consists of information from data processing results, grouping the results of data processing, summarizing the results by data to form a research conclusion (Warschauer, 2020). Data presentation is an important part of the research process, especially in preparing research reports. Data presentation is necessary to provide information about the research results.

RESULTS

The researcher conducted this case study at the UPT Yansos for the Deaf, Mute and Elderly Pematangsiantar precisely at Jalan Sisingamaraja no. 68, Bukit Sofa, Siantar Sitalasari sub-district, Pematangsiantar city, North Sumatra. It is a shelter that provides social services to the Deaf, Mute and elderly with several facilities available including male and female dormitories for the deaf, mute and elderly social care residents, study rooms, male and female sewing skills rooms, beauty salon rooms, polyclinic rooms, dining rooms, offices and halls (Karo

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& Baua, 2019).

The case study conducted in this research is providing nursing care to an elderly patient with gouty arthritis. The researchers conducted this research with the client from April 16-20, 2026. Activities included assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation.

Nursing Assessment

The results of the nursing assessment on the client (Mr. H) are as follows:

Table 1. Client Identity

Identity client	**Client**
Name	Mr. H
Age	78 years old
Gender	Man
Education	Elementary School
Religion	Islam
Ethnic group	Java
Marital status	Divorce by death
Date assessment	April 16, 2026 (8:00 AM) WIB)

Table 2. Health Degree

Degrees health	**Client**
Complaints felt	The client said often feel pain in the left leg start from soles of the feet to ankle
Reason	The client said moment do activity example his like ceremonies, sports
Quality	The client feels painful like stabbed and usually hurts
Region	Left leg part soles of the feet to ankle
Degrees	Pain scale including Medium 4-5 hours do activity

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Time	The client said painful often appear at the time Morning day or at the time follow activities at the orphanage elderly, every time they eat innards in the orphanage elderly, pain about 5-10 minutes

Inspection physique

Satus Mental

Table 3. Mental Status

Mental status	Client
Appearance	The client appears seen neat and clean
Talks	Cooperative client (understands and connects when asked) communicate)
Motoric	Clients can do activity in a way independent but must use stick as tool help
Affect	The client appears can mingle with Good to elderly other
Level of consciousness	Compost mentis
Memory	The client is still can remembering the past with Good

Data analysis

Table 4. Client Data Analysis

No	Data	Etiology	Problem
1.	**Subjective Data (DS):** 1. Client complains pain in the left foot (sole to heel) wrist and thumb finger) 2. Pain like stabbed and felt hurts 3. Pain scale 5 (moderate)	Injury agent biological (inflammation joints due to gouty arthritis)	Acute pain

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	4. The pain is gone arise 5. Pain appears moment activity 6. Pain appears when the feet are swollen 7. Pain appears after Eat innards 8. The client said often woke up moment Sleep Because painful **Objective Data (DO):** 1. Looks there is lump on the leg 2. The client appears difficulty moment doing activities 3. Strength muscle 4 4. Movement limited 5. The client uses stick moment walk	Accumulation crystal sour tendons in the joints ↓ Inflammatory process in tissue joints ↓ Swelling in the joint area ↓ Improvement level sour tendon consequence consumption food tall purine (offal)	
2	**Subjective Data (DS):** 1. The client said only capable do activity light 2. The client said difficult move on from place Sleep 3. The client said walk must use stick 4. The client said movement slow 5. The client said activity disturbed Because painful **Objective Data (DO):** 1. Client walking use stick 2. Movement looks slow 3. Strength muscle 4	Pain in the joints due to gouty arthritis ↓ Decline strength muscle (strength) muscle 4) ↓ Stiffness joints due to the inflammatory process ↓ Swelling in the joints ↓	Disturbance Mobility Physique

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	4. There is pain in the extremities lower 5. Index Score 19 (less independent) 6. Difficulty going up and down ladder 7. Activity limited 8. The client appears difficulty moment move	Decline function musculoskeletal ↓ Limitations range movement (ROM) ↓ Use tool help (stick)	
3	**Subjective Data (DS):** 1. Client eats 3x/ day from orphanage 2. The client consumes trigger foods sour tendons (offal) 3. n't any special diet plans 4. The client does not know restrictions food tall purine **Objective Data (DO):** 1. Weight: 54 kg 2. Height: 157 cm 3. BMI in normal limits, however elderly still risky 4. is no special diet low purine 5. Gout arthritis is a disease associated with with pattern Eat (client Still consume prohibited foods)	Imbalance intake nutrition with need body ↓ Lack of knowledge about low-calorie diet purine ↓ Dietary habit No in accordance with condition disease (consumption offal) ↓ Disease process chronic (gout arthritis) which requires special diet plans ↓	Deficit Nutrition

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		Intake purine height that increases level sour tendon	

Nursing Diagnosis

a. Acute pain is related to the inflammatory process due to the accumulation of uric acid crystals in the joints, characterized by the client complaining of pain in the left leg, stabbing pain, pain scale 5, pain that comes and goes, there is swelling in the leg, and the client uses a cane when walking.
b. Physical Mobility Disorders related to joint pain and decreased muscle strength are characterized by the client saying it is difficult to carry out activities, walking using a cane, slow movement, limited activity, and muscle strength 4.
c. Nutritional Deficiencies related to lack of knowledge about low purine diets are characterized by clients consuming high purine foods (offal), no special diet, and gout arthritis related to diet.

Nursing Interventions

Table 5. Nursing interventions

No	Diagnosis	External criteria and results	Intervention
1	Acute pain	After carrying out nursing actions during 5 visits, it is expected that the level of pain will decrease with the following outcome criteria: 1. Complaint painful decrease 2. Grimace decrease 3. Edema decrease	**Pain Management (I.08238)** **Observation** 1. Identification location, characteristics, duration, frequency, quality, intensity painful 2. Identification scale painful 3. Identification aggravating and mitigating factors painful **Therapeutic** 1. Provide non-pharmacological

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			techniques For reduce pain (eg: TENS, hypnosis, acupressure, music therapy, biofeedback, therapy massage, aromatherapy, imagination techniques guided, compress warm / cold, therapy play) **Education** 1. Explain causes, periods, and triggers painful 2. Explain the strategy of calming down painful 3. Teach pharmacological techniques For reduce painful **Collaboration** Collaboration giving analgesic, if need
2	Disturbance Mobility Physique	After carrying out nursing actions during 5 visits, it is expected that physical mobility will increase with the following outcome criteria: 1. Increased extremity movement 2. Increased muscle strength 3. Range of motion (ROM) increased	**Mobilization Support (I.05173)** **Observation** 1. Identify any pain or other physical complaints 2. Identify physical tolerance for movement 3. Monitor heart rate and blood pressure before starting mobilization. **Therapeutic** 1. Facilitate movement, if necessary

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			2. do muscle strength research **Education** 1. Explain the purpose and procedures of mobilization 2. Recommend early mobilization
3	Deficit Nutrition	After nursing actions have been carried out during 5 visits, it is expected that Nutritional status getting better means adequacy intake nutrition For fulfil need metabolism getting better. Criteria results For prove that nutritional status getting better is : 1. Portion food consumed increase	**Management Nutrition (I.03119)** **Observation** 1. Identify nutritional status 2. Monitor intake food **Therapeutic** 1. Facilitation determine dietary guidelines (eg: pyramid food) 2. Serve food in a way attractive and suitable temperature **Education** 1. Teach sitting position, if capable 2. Teach the programmed diet **Collaboration** Collaboration with expert nutrition For determine amount calories and types the nutrients needed, if need

CONCLUSION

After it is done care nursing gerontic in Mr. H with Gout Arthritis disease for 5 days at the Social Services Unit for the Deaf Speech and Elderly Pematangsiantar, researcher get experience in give care nursing care that begins from stage assessment, determination

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diagnosis, intervention, implementation, to evaluation. At the stage study, data was obtained that client experience pain in the left leg with scale pain 5, limitations mobility consequence pain, and not enough understand pattern Eat low purine. Based on these data enforced three diagnosis nursing that is painful acute, disorder mobility physical, and deficit nutrition. After it is done intervention and implementation nursing in the form of management painful through soak feet in warm water, support mobilization, and low-fat diet education purine, results evaluation show existence development condition client. In the diagnosis painful I happen decline intensity painful from scale 5 to scale 2 so that client more comfortable moment activity. In the diagnosis disturbance mobility physique ability move increase in a way gradually although client Still use stick moment required

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