

Analysis Intervention Giving Warm Compress with Boiled Ginger in the Elderly who Sufferer Osteoarthritis: Case Study

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Abstract: The incidence rate of osteoarthritis in Indonesia is very high that is with incidence is 5% in age not enough of 40 years, 30% occur at the age of 40-60 years, and 65% occur at the age more from 61 years. Handling non - pharmacologically can become alternative management of the elderly with Osteoarthritis, among others giving compress warm stew ginger. Case study This aim for analyze intervention care nursing with giving compress warm stew ginger for lower-level pain in the elderly Osteoarthritis sufferers. Data collection method with history taking, observation and examination physical, done analysis with compare theory with practice-based evidence (Evidence Based Practice). Participants in the study case are a elderly Osteoarthritis sufferers and instruments For measure scale painful using the Numeric Rating Scale (NRS). Intervention care nursing who has done with giving compress warm stew ginger proven can lower scale pain in someone elderly people suffering from deep osteoarthritis relative time fast. This is because ginger own Gingerol content contains cyclooxygenase that can hinder the formation of prostaglandins as pain mediators. Gingerol content and the warm feeling it creates from giving compress warm stew ginger This make vessels blood open and smooth circulation blood, so supply food and oxygen better and painful joints become reduce. Therefore that's a gift compress warm stew ginger can used as one of the alternative possible non - pharmacological treatment lower scale pain in osteoarthritis sufferers.

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Introduction

Osteoarthritis is a degenerative joint disease that affects millions of people worldwide, with its prevalence and severity increasing with age. The World Health Organization (WHO) has designated 2021-2030 as the decade of healthy ageing, highlighting the need to address diseases like osteoarthritis that significantly impact functional ability and quality of life (Costa et al., 2021; Osteoarthritis Action Alliance, 2023; WHO, 2023)

About 73% of people living with osteoarthritis are older than 55 years, and 60% are female. The knee is the most frequently affected joint, followed by the hip and the hand. The global age-standardized prevalence of osteoarthritis in 2020 was 8058.9 per 100,000 for females and 5780.1 per 100,000 for male. The prevalence of osteoarthritis increases steeply with age, with the 70 and older age group having a prevalence rate of 38,418.9 per 100,000, and the 50-69 years age group having a prevalence rate of 23,237.2 per 100,000. The prevalence of

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osteoarthritis is expected to continue increasing due to the aging of the population and the obesity epidemic (Costa et al., 2021; Osteoarthritis Action Alliance, 2023; WHO, 2023).

Osteoarthritis is a problem for joints knees that can bother to other joint conditions. Complaint most patients osteoarthritis that is pain in the part middle knees that get in the way range movement and activity functional. Osteoarthritis is a disease of nature chronic be marked painful joints, stiffness joints, limitations motion joints, crepitus, swelling joints, as well degrees various local inflammation. Elderly with painful Osteoarthritis will experience dysfunction joints and muscles give rise to limitations movement, decline strength and balance muscle. About 18% experienced difficulties and limitations in activity, loss of function capacity work and decline quality life. Therefore That needed help nurse for give possible non - pharmacological actions overcome painful as impact from Osteoarthritis disease (Costa et al., 2021; Osteoarthritis Action Alliance, 2023; WHO, 2023).

The interprofessional team plays a crucial role in caring for patients with OA, and education on the natural history of the disease and understanding treatment options is essential for patients. Treatment for OA begins with conservative methods and progresses to surgical treatment options when necessary. Medications can help slow the progression of OA, but no proven disease-modifying agents for the treatment of knee OA currently exist (U.S. Department of Health and Human Services, 2019; Hsu & Siwec, 2023; Sen & Hurley, 2023).

Regular exercise is one of the most effective treatments for managing osteoarthritis. It keeps your joints and muscles healthy and flexible and can reduce pain. Losing weight can help to reduce pain, prevent more injury, and increase mobility in the joints. Using braces or orthotics that your doctor prescribes and that are fitted by a health care professional may be helpful to Some people may need medications to help manage the symptoms of osteoarthritis, including oral pain relievers, oral anti-inflammatory medications, topical creams, rubs, or sprays, corticosteroids, hyaluronic acid substitutes, and selective serotonin and norepinephrine reuptake inhibitors. If other treatments are not helping and if the joint damage is extensive, some people may have surgery (Harvard Medical School, 2019; Ogura et al., 2021; Hsu & Siwec, 2023; Sen & Hurley, 2023).

In addition to these treatments, a therapy that involves compressing warm stew ginger can be used to reduce pain in joints. This therapy can reduce pain, increase flexibility joints, reducing pressure and pain in the joints, relaxes muscles, and flex connective tissue especially when combined with herbal plants such as ginger which contain compounds gingerol, shogaol, and

zingeronone that provide effect form antioxidant, anti-inflammatory, and analgesic substances. This therapy can be made as an intervention alternative nurse in compile plan nursing care for overcome problem painful affected joints elderly with disease Osteoarthritis (Dwipayanti et al., 2018; Meilia et al., 2019; Ningsih & Syahrani, 2022).

Method

Study This use type descriptive with approach studies the case being analyzed with compare theory with practice-based evidence in giving care nursing for the elderly with experiencing osteoarthritis painful joints.

The participant in this study was an elderly sufferer suffering from osteoarthritis complaint painful joints, living in an elderly home in Garut District. This study used Numeric Rating Scale (NRS) instrument for measuring scale painful joints in the elderly with osteoarthritis. Tools and materials used form basin, towel small and stew ginger is used compress area affected joints painful.

The client will receive a warm stew ginger compress in three consecutive days, lasting 15 to 20 minutes a day, as part of the intervention form.

Result and Discussion

Study studies case This aim for now influence giving compress warm stew ginger as alternative non-pharmacological treatment for lower scale painful joints in osteoarthritis sufferers. Intervention done through giving care Nursing includes 5 stages, namely:

1. Stage Assessment

Patient is an elderly man 71 years old, sigh often painful knee adjacent perceived right moment feel cold and if he stands for a long time. Complaint This felt Already for 8 months then.

Results inspection scale painful use *Numerical Rating Scale* (NRS) shows scale painful patient was at number 4 which means pain felt patient including category painful moderate (0-10). Strength muscle extremity lower right client experience decline. Manifestation clinical from osteoarthritis usually happen in a way slowly. Initially will feel pain in the joints, then pain becomes persistent or settled, followed with stiffness joints especially moment Morning Day or in position certain period.

Joint pain is the most common and early complaint among individuals with osteoarthritis. Osteoarthritis joint pain is frequently associated with a localized inflammatory condition inside the joints that is brought on by movement and bearing loads on the affected joints. When joints are moved or there is a heavy

shoulder load, the discomfort gets stronger and lessens when there is a period of rest.

2. Stage Diagnosis Nursing

In the elderly with possible osteoarthritis problem emerging nursing can form painful acute/chronic, disorders mobility physical, risk fall, intolerance activity, and deficit knowledge about management and treatment of Osteoarthritis. As for nursing diagnoses, He was painful chronic relate with chronic musculoskeletal conditions (Tim Pokja SDKI DPP PPNI, 2017). Nursing diagnosis This lifted based on the data found form complaint pain in the area joints knee adjacent right already felt patient in the last 8 months ago, results inspection scale painful with The NRS instrument is on a scale of 4 (0-10), perceived pain is lost arises, the patient appears grimacing and holding his knees.

Joint pain in osteoarthritis is the most frequent and most important symptom complained sufferers, you can form painful in localized ones or can radiating (radiculopathy), for example pain in joint osteoarthritis pelvis can also felt until joints knee. Pain usually arises slow and heavy in count month or year Pain the increase heavy with activity physically and gets better with rest in advanced stages, the pain is severe even can felt moment rest. Source pain can originate from inflammation of the synovium, periosteum, ligaments, or muscles, or pressure on bones subchondral (Neogi, 2014; Shirley P Yu & Hunter, 2015).

3. Stage Planning Nursing

Plan intervention given to the clients for overcome the pain he is experiencing is with give compress warm stew ginger as for the criteria expected results is client capable control pain, reported that painful reduce with management pain, as well capable recognize pain (scale, intensity, frequency pain) (Tim Pokja SLKI DPP PPNI, 2022). Compress warm stew ginger is traditional herbal medicine as therapy alternative for treat osteoarthritis pain. Compress warm stew ginger is combination between therapy warm with herbal plants such as ginger (*Zingiber officinale* Rocs) which contain compounds gingerol, shogaol and zingerone which provide effect form substance antioxidant, anti-inflammatory and analgesic. This action is often used for overcome painful joint because gingerol content and the warm feeling it causes make vessels blood open and smooth circulation blood, so supply food and oxygen more good and painful joints reduced (Dwipayanti et al., 2018; Meilia et al., 2019; Ningsih & Syahrani, 2022).

This study was supported by some previous study which explained that giving compress warm stew ginger to decline scale pain in osteoarthritis sufferers. Based on goals that have been set, criteria result already determined and planned existing interventions designed, then will can finish problem nursing the main

patient, i.e. painful chronic (Lukman et al., 2022; Andini & Rahmadiyah, 2022).

4. Stage Implementation Nursing

Implementation carried out on client for complete the nursing diagnosis form painful chronic relate with chronic musculoskeletal conditions, among others is study scale painful before and after done compress warm stew ginger (Tim Pokja SIKI DPP PPNI, 2018). Implementation form giving technique compress warm stew ginger This done in 3 days successively with duration giving compress for 15-20 minutes for the day.

Regarding the response of the patient following the intervention of compressing warm stew ginger, the NRS instrument was used to measure the painful experience decline moment. Prior to the completion of the compress, the patient was ranked number 4 (pain medium); following the completion of the compress, the patient decreased to rank number 2 (pain light).

Therapy compress warm stew ginger in Osteoarthritis can reduce pain, increase flexibility joints, reducing pressure (compression) and pain in the joints, relaxes muscles, and flex connective tissue especially when combined with herbal plants such as ginger (*Zingiber officinale* Rocs) which contain compounds gingerol, shogaol and zingerone which provide effect form substance antioxidant, anti-inflammatory and analgesic (Lukman et al., 2022; Andini & Rahmadiyah, 2022).

5. Stage Evaluation

Every day for three days, the patient receives evaluation nursing care to gauge progress and enable decision-making over uncomfortable, ongoing experiences. Following intervention, the patient receives therapy in the form of warm stew ginger compresses. When the examination was completed the day after the intervention, the patient's pain had not decreased in any way because the action had just been compressed, preventing the body from responding meaningfully. Assessment on the second day reveals uncomfortable places Reaction has already begun to be seen; on the decline scale, the initial level of pain is at number 4, and it gradually drops to number 3. Similarly, the third-day evaluation revealed a worsening state on the pain scale. Good again, that is a scale painful down return that is at number 2, indicating that there has already been a drop in pain significant enough in prior patients to be classified as painful, but that the current category has changed to painful light.

This research demonstrates that applying a warm compress therapy to individuals with osteoarthritis who are experiencing pain has been shown to be an effective way to reduce pain. As a result, this approach may be used as a non-pharmacological alternative to medication-based treatment to assist relieve pain.

Conclusion

Studies involving the provision of nursing care to elderly patients with osteoarthritis who report pain have demonstrated that using warm compress techniques with cooked ginger can effectively address patients' complaints of pain. To address the joint pain issues that elderly patients with osteoarthritis face, nurses may consider combining warm compress therapy with boiled ginger in their nursing care plans. This is because the method of applying warm compress therapy reduces pain gradually and slowly while demonstrating notable improvements in pain management.

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