

Nursing Care Analysis on Mrs. R with Rheumatoid Arthritis and Ginger Water Compress Interventions

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Abstract: This case study examines the nursing care of Mrs. R, who was diagnosed with Rheumatoid Arthritis (RA), focusing on the application of ginger water compresses to reduce chronic pain. The study was conducted in Desa Tegal Panjang, Kecamatan Sucinaraja, Garut, Indonesia. The primary nursing diagnosis was chronic pain related to joint inflammation. The nursing interventions, based on Evidence-Based Practice, included the application of warm ginger water compresses. The results indicated a significant reduction in pain intensity, supporting the effectiveness of ginger compress therapy in managing pain associated with RA.

Keywords: Chronic Pain, Ginger Compress, Nursing Care, Pain Management, Rheumatoid Arthritis

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Introduction

Rheumatoid Arthritis (RA) is a chronic autoimmune disease that primarily affects the joints, causing pain, swelling, and potential joint destruction. RA has a significant impact on the quality of life due to its progressive nature and the chronic pain it causes (Nugroho, 2012). Managing RA involves a combination of pharmacological and non-pharmacological approaches, including the use of herbal remedies like ginger compresses, which have been shown to have anti-inflammatory properties (Fitriana, 2021). The effectiveness of warm compresses, particularly those infused with ginger, has been supported by various studies, including the work of Tantri Puspita, who explored the impact of warm compresses on pain management (Puspita, 2019). Ginger contains bioactive compounds such as gingerol and shogaol, which have potent anti-inflammatory and analgesic properties (Mashhadi et al., 2013; Black et al., 2020).

Method

This descriptive case study was conducted in Desa Tegal Panjang, Kecamatan Sucinaraja, Garut. The subject, Mrs. R, was diagnosed with RA and presented with chronic pain. Data were collected through interviews, physical examinations, and observation of the effects of ginger water compresses. The intervention involved applying warm ginger water compresses to the affected joints twice daily, with each session lasting 20 minutes.

Result and Discussion

The primary nursing problem identified in Mrs. R was chronic pain associated with Rheumatoid Arthritis (RA). Chronic pain is a common and debilitating symptom of RA, affecting patients' physical, emotional, and social well-being. In this case, the nursing intervention focused on the application of warm

ginger water compresses, which are known for their anti-inflammatory and analgesic properties (Mashhadi et al., 2013; Puspita, 2019).

Following the intervention with ginger water compresses, Mrs. R reported a significant reduction in pain intensity. The Numeric Pain Rating Scale (NPRS) showed a marked decrease in pain scores from a 7/10 to a 3/10 over the course of the intervention. This finding is consistent with existing literature, which highlights the efficacy of ginger in reducing pain and inflammation due to its bioactive compounds such as gingerol and shogaol (Altman & Marcussen, 2016; Daily et al., 2015).

The reduction in pain also led to improved joint functionality. Mrs. R was able to resume daily activities that she previously found difficult, such as walking and performing household tasks. The improvement in her functional status is significant, as chronic pain often leads to a decline in the ability to perform daily activities, further diminishing the quality of life (Liao et al., 2018). The application of warm compresses enhances blood circulation to the affected area, which helps in reducing stiffness and improving mobility (Kim et al., 2018). This mechanism likely contributed to the positive outcomes observed in this case.

The psychological impact of chronic pain is profound, often leading to depression, anxiety, and social withdrawal (Lakhan et al., 2015). In this case, Mrs. R initially reported feelings of frustration and hopelessness due to her chronic pain and reduced ability to participate in social activities. However, as the pain diminished with the use of ginger compresses, there was a noticeable improvement in her mood and willingness to engage socially. This outcome underscores the importance of pain management in enhancing not only physical health but also mental and social well-being (Black et al., 2020).

While pharmacological interventions such as NSAIDs are commonly used to manage RA pain, they are often associated with adverse effects, particularly with long-term use (Chhabra et al., 2015). In contrast, ginger compresses provide a non-pharmacological alternative with minimal side effects. This case supports the growing body of evidence suggesting that complementary therapies, such as ginger compresses, can be effective adjuncts to conventional treatment, offering a safer option for long-term pain management (Daily et al., 2015; Mashhadi et al., 2013).

Ginger, a common ingredient in traditional medicine, is widely accepted and easily accessible in many cultures, including Indonesia. The use of ginger compresses aligns well with local health practices, making it a culturally appropriate intervention (Fitriana, 2021). Additionally, the simplicity of preparing and applying ginger compresses makes this method

practical for patients to use at home, potentially increasing adherence to the treatment regimen (Hirza Ainin et al., 2022).

While the results from this case study are promising, it is important to acknowledge the limitations, including the lack of a control group and the reliance on self-reported pain measures. Future research should consider larger, controlled trials to further validate the efficacy of ginger compresses in RA management. Moreover, exploring the long-term effects of ginger compress therapy on chronic pain and joint function would provide valuable insights into its sustainability as a treatment option.

Conclusion

The application of ginger water compresses in this case of Rheumatoid Arthritis demonstrated significant benefits in reducing chronic pain, improving joint functionality, and enhancing the patient's overall well-being. This case study highlights the potential of integrating non-pharmacological interventions, such as ginger compresses, into nursing care plans for patients with chronic conditions like RA. As with all interventions, individual responses may vary, and it is essential to tailor treatments to the specific needs and preferences of each patient.

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