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Nursing care for elderly patients with gout arthritis with bay leaf boiled water therapy to reduce pain intensity in the work area of the Tanjung Baru Community Health Center UPTD

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Abstract--This study aims to describe nursing care for elderly patients with gout arthritis through the administration of bay leaf decoction to reduce pain intensity in the working area of UPTD Puskesmas Tanjung Baru in 2025. The author used a descriptive method with a case study approach in the form of nursing care application. The case study was conducted on two elderly female patients with gout arthritis. Data were collected through interviews, physical examinations, observations, documentation, and diagnostic reports. The nursing care process included assessment, problem formulation, nursing diagnosis, intervention, implementation, and

evaluation. After carrying out nursing procedures for 4 days with a diagnosis: Acute Pain related to Physiological Injuring Agents. In implementation, most of it has been achieved with the action plans that have been implemented. After seven days of nursing intervention with the main diagnosis of Acute Pain related to physiological injury agent, there was a reduction in pain intensity from moderate to mild. The administration of bay leaf decoction twice daily, in the morning and evening, proved effective in helping to reduce pain intensity. It is expected that patients will maintain a healthy lifestyle and utilize this herbal therapy as part of managing gout arthritis.

Keywords---Elderly, Gout Arthritis, Bay Leaf, Pain.

Introduction

Along with the government's success in national development, it has shown positive results in various fields, one of which is the health sector, which has been able to improve the quality of human life expectancy, especially among the elderly. However, with current developments, many seniors are faced with various health problems, considering that increasing age makes the elderly a group that is vulnerable to health problems, such as gout (Ekasari, Riasmini, & Hartini, 2018).

Elderly health is carried out from the time a person reaches the age of 60 (sixty) years and efforts are made to maintain a healthy, quality, and productive lifestyle in accordance with human dignity. Elderly health efforts include facilities for the elderly to maintain personal hygiene, consume balanced nutrition, engage in regular physical activity, have a social life, have opportunities to work, and have an elderly-friendly environment (Yustisia, Aprilatutini, & Syahputri, 2025).

Along with the development of lifestyles, many lifestyle shifts have occurred, especially among the elderly. A fast-paced lifestyle causes the elderly to tend to be lazy about exercise and pay less attention to the nutritional content of food. Improving the health of the elderly, both physically and mentally, can increase life expectancy, affecting their health. A lifestyle that tends to be unhealthy in the elderly can lead to various problems, one of which is gouty arthritis or uric acid (Alawiah et al., 2024).

Risk factors that cause people to suffer from gout are genetics/family history, excessive intake of purine compounds, excessive alcohol consumption, obesity, hypertension, impaired kidney function, the habit of bathing at night and certain medications (especially diuretics). (Savitri, 2021). The factors mentioned above can increase uric acid levels. If elevated uric acid levels are characterized by joint pain, tenderness, redness, and swelling, this condition is known as gout. Gout is a manageable, though incurable, condition. However, if left untreated, it can lead to serious complications. developing into crippling arthritis (Ilham, Hunowu, & Indria, 2023).

Gout arthritis, or gout, is a type of arthritis caused by the presence of uric acid crystals. This condition can occur in any joint, such as the toes, ankles, knees, and most commonly the big toe. Gout can cause pain without swelling and a burning sensation in the joints (Fajar & Nurdiansyah, 2023). Gout is a common condition worldwide. The metabolic disorder underlying gout is hyperuricemia, defined as elevated uric acid levels. Gout is diagnosed when uric acid levels exceed 7.0 mg/dl in men and 6.0 mg/dl in women (Sakti, 2024).

Poor diet is one of the factors that cause gout, one of the factors that causes gout is food that contains high purines, food can be said to contain high purines if the purine content is more than 200 mg per 100 grams of food weight, Some types of food that contain a lot of purines that can cause gout are offal (tripe, intestines, lungs, and liver), seafood (shrimp, shellfish, anchovies, and sardines), beef extract, goat meat, chicken), nuts (beans, peanuts, green beans, melinjo), vegetables (cauliflower, spinach, cassava leaves, papaya leaves, kale), foods processed using margarine or butter (Anies, 2016).

Based on data from the World Health Organization (WHO), the number of people suffering from gout has reached 335 million people, increasing by around 1370/33.3%. Furthermore, gout in Indonesia occurs in people under 34 years of age by 32% and over 34 years of age by 68% (Ministry of Health of the Republic of Indonesia, 2022). According to the Basic Health Research (Riskesdas), the prevalence of gout is around 12.9% in those aged 75 years and older (54.8%), with more women suffering (8.5%), compared to men (6.2%) (Riskesdas, 2023). Furthermore, data from the South Sumatra Health Office Profile shows that Palembang is 98%, Muara Enim is 78%, Gelumbang is 76%, Musi Banyuasin is 92%, and Prabumulih is 84% (Patyawargana & Falah, 2021). Data from the OKU Health Office shows that 982 people with gout suffer from it, of which 76.6% are male and 24.4% are female (OKU Health Office, 2023). And based on secondary data obtained from the Tanjung Baru Health Center, 102 out of 636 elderly people suffered from gout in 2023 and 65 out of 636 elderly people in 2024 (Tanjung Baru Health Center Profile, 2024).

Excessive levels of uric acid in the blood will cause the formation of crystals in the joints. These crystals can cause inflammation so that sufferers will complain of disturbing pain symptoms that are usually most often felt in the feet (Lihi, Tukiman, & Waliulu, 2025). Acute pain is defined as a sensory or emotional experience related to actual or functional tissue damage, with a sudden or slow onset and intensity ranging from mild to severe, lasting less than 3 months . This can be triggered by inflammation of the joints. The signs and symptoms experienced if gout pain is complaining of pain, the sufferer appears to grimace when experiencing pain, is usually protective, appears restless, has an increased pulse rate, complains of difficulty sleeping, has increased blood pressure, and changes in appetite (PPNI, 2016).

The impact of high levels of uric acid in the body that persist for a long period of time has the potential to cause complications in the kidneys (Savitri, 2021). The formation of uric acid crystals in the kidneys and urinary tract can disrupt kidney function or lead to kidney stones (nephrolithiasis). Nephrolithiasis is the presence of kidney stones caused by the deposition of several types of compounds, one of

which is uric acid crystals. The deposition of uric acid crystals in the renal tubules can cause obstruction or blockage, disrupting kidney function and potentially progressing to acute kidney failure (Natsir, 2023).

Therapy that can be used to reduce uric acid levels is pharmacological and non-pharmacological treatment, namely administering drugs from the allopurinol group, non-steroidal anti-inflammatory drugs, but one of the serious effects of inflammatory drugs is gastrointestinal bleeding and non-pharmacological treatment by utilizing medicinal plants and complementary therapy.(Alawiah et al., 2024).

The medicinal plant used as an anti-hyperuricemia to reduce uric acid levels and reduce pain in gout sufferers is the bay leaf plant (*Syzygium polyanthum* Wight).(Ningtyas, 2023) Bay leaves are effective in treating gout because they contain tannins, flavonoids, essential oils (citrate and eugenol), and analgesics. Flavonoid compounds can inhibit the formation of uric acid in the blood. These compounds act as diuretics to dissolve gas in the urine, allowing purines to be excreted through urine. The compounds contained in the leaves are polar compounds that are generally easily soluble in polar solvents such as ethanol, methanol, butanol, and acetone (Kother, 2020). These compounds have anti-inflammatory and antimicrobial effects. Essential oils generally have antimicrobial and analgesic effects. Bay leaves contain essential oils that are warm and analgesic, so they can reduce pain levels in gout sufferers (Sari & Syamsiah, 2017).

According to research conducted by Nugroho (2022) entitled "Efforts to Reduce Gout Arthritis Pain with Boiled Bay Leaf Water," boiled bay leaf water is drunk while lukewarm twice a day, in the morning and evening. Initially, the pain was reduced from an initial pain scale of 5 to 2, obtained before therapy, namely 6.5 mg/dl and after therapy for 7 days, namely 5.3 g/dl.

There are differences in the research conducted by(Ningtyas, 2023) A study entitled "The Effect of Giving Boiled Bay Leaves (*Syzygium Polyanthum*) Water on Reducing Uric Acid Levels in the Blood" states that drinking lukewarm water twice a day, in the morning and evening, initially reduced pain from a 4 on the initial pain scale to 1, obtained before therapy at 7.2 mg/dl and after therapy for 7 days at 5 mg/dl.

Another study conducted by(Patyawargana & Falah, 2021)with the research title "The Effect of Bay Leaf Decoction on Reducing Uric Acid Levels in the Elderly" where the results of the case study stated that routinely drinking boiled bay leaf water in the morning and evening for 7 days was able to reduce the level of pain intensity and lower uric acid levels. Initially, the pain was reduced with an initial pain scale of 6 to 2, uric acid levels decreased from 9.1 mg/dl to 6.1 mg/dl and the elderly began to be active. Based on the background that has been described, this study aims to apply bay leaf water therapy to reduce pain intensity in gouty arthritis patients.

Method

The type of research used is a case study with a descriptive research design. The subjects of this study used 2 elderly female clients, elderly diagnosed with goiter arthritis, elderly experiencing acute pain that lasts less than 3 months, elderly whose condition does not have acute medical conditions, elderly who do not suffer from kidney or liver disorders and are undergoing certain therapies. This case study is focused on knowing the therapy of boiled bay leaves to relieve pain in gout sufferers. The case study instruments used in this study are the stages of assessment, formulation of a murder diagnosis, planning, implementation of murder, evaluation of murder, Gerontic Nursing Care Format, SOP for gout examination, SOP for therapy of giving boiled bay leaves and posters of boiled bay leaves therapy. The research method used in the research of scientific papers is a case study with data collection techniques that researchers use in compiling this final assignment report are: Observation, Interviews, Documentation studies, Literature studies. Nursing Diagnosis of Acute Pain is related to physiological injury agents. This therapy is given twice daily, by boiling 10-15 bay leaves and drinking about 200cc of the mixture while lukewarm, for four days. The study location was the client's home in the Tanjung Baru Community Health Center (UPTD) working area of Ogan Komering Ulu (OKU) Regency.

Results and Discussion

Reducing the intensity of gout pain in clients whose pain intensity was initially in the moderate category on a scale of 5-6 and after being given therapy the pain intensity decreased to mild on a scale of 2-3.

In the implementation in the field that has been carried out directly to clients Mrs. "E" and Mrs. "Y" in the working area of UPTD Tanjung Baru Health Center, OKU Regency in 2025, the writing has carried out stages that have obtained comparisons of the results of the assessment on Mrs. "E" and Mrs. "you". The assessment on Mrs. "E" said pain in the joints in the knee, BP: 150/90 mmHg, UA: 7mg/dl, RR: 18x/minute, N: 85x/minute, S: 36.5°C. While Mrs. "Y" said pain in both legs, BP: 140/90 mmHg, UA: 6.5mg/dl, RR: 18x/minute, N: 85x/minute, S: 36.5°C.

According to(Wati et al., 2022)It is often said that the symptoms that accompany gout arthritis/uric acid disease include undisturbed pain in the joint area such as in the toes, ankles, knees, and most often in the big toe and swelling and heat in the area and an increase in uric acid levels. Gout arthritis/uric acid disease is divided if the uric acid level examination is more than 6.0 mg/dl in women and 7.0 ml/dl for (men). Based on the theory, the main complaint in Mrs. "E" is a complaint of pain in the joints in the knee with a urine acid examination of 7.0 ml/dl and Mrs. "Y" also said complaints of pain in both legs with a urine acid examination of 6.5 mg/dl. When the assessment was carried out, symptoms such as pain and increased uric acid levels were found, according to the author there are similarities in theory and real cases.

The diagnosis of homicide found in cases of gout arthritis/uric acid with therapy of giving boiled water and bay leaves to reduce pain intensity in the working area

of UPTD Puskesmas Tanjung Baru, OKU Regency in 2025 is acute pain related to physiological injury agents as evidenced by the client appearing to endure pain. Implementation on Mrs. "E" assessed the pain scale 6 by providing therapy of giving boiled bay leaves to reduce pain intensity, warning the client to regulate sleep patterns and adequate rest in collaboration with the midwife to provide medication according to indications such as allopurinol 2x1 1 tab (100mg). Implementation on Mrs. "Y" assessed the pain scale 5, provided therapy of giving boiled bay leaves, and the client regulated sleep patterns.

Implementation is the realization of a pre-made plan. The therapeutic use of boiled bay leaves to reduce gout pain intensity is a tangible nursing intervention and the completion of nursing actions to achieve the goals formulated in the plan, namely optimally meeting the client's needs. In the existing theory, everything has been determined for the client, and the healing process for clients, namely Mrs. "E" and Mrs. "Y," showed good results.

Evaluation of Mrs. "E" with acute pain related to physiological pain agents, namely the client said joint pain in the knee, the client said it was difficult to sleep, the client seemed to be enduring pain, the pain diagnosis scale was 6, BP: 150/90 mmHg, UA: 7.g/dl, N: 88 x/minute, RR: 18 x/minute, S: 36.4°C. In giving boiled bay leaf water to Mrs. "E" it was given 2x1 a day in the morning and evening. The pain problem was partially resolved, the intervention was continued.

Evaluation of Mrs. "Y" with acute pain related to physiological pain agents, namely the client said complaints of pain in both legs, the client said hand cramps, the client seemed to be holding back the pain, the client looked restless, the pain diagnosis scale was 5, BP: 140/90 mmHg, N: 85 x / minute, RR: 20 x / minute, S: 36.5°C. In giving boiled bay leaf water to Mrs. "E" it was given 2x1 a day in the morning and evening. The pain problem was resolved, the intervention was stopped.

Research conducted by (Ningtyas, 2023) Regarding the application of complementary therapy: administering boiled bay leaves to reduce pain intensity. Treatment with boiled bay leaves can reduce pain intensity and lower uric acid levels. (Nugroho et al., 2022) results Previous research on the effect of boiled bay leaves on reducing pain intensity and uric acid levels, the average uric acid in the elderly was 6.5 mg/dl, after giving boiled bay leaves it became 4 mg/dl. (Patyawargana & Falah, 2021) conducted research by regularly giving boiled bay leaf water to drink regularly in the morning and evening, the average urinary acid in the elderly was 9.1 mg/dl, after giving boiled bay leaf water it became 6.1 mg/dl.

There are differences in the research conducted by (Ningtyas, 2023) on reducing pain intensity and uric acid levels. Initially, the pain decreased with an initial pain scale of 4 to 1 obtained before therapy, namely 7.2 mg/dl and after therapy for 7 days, namely 5 mg/dL.

According to (Wati et al., 2022) Pain intensity and uric acid levels decreased in patients with gouty arthritis after administering boiled water containing bay

leaves for three consecutive days. Thus, bay leaf boiled water therapy is highly effective in reducing pain intensity and uric acid levels.

Conclusion

After the author carried out elderly care for gout arthritis patients with therapy of giving boiled bay leaves to reduce pain intensity and uric acid levels in the work area of UPTD Tanjung Baru Health Center in 2025. The study that the author found on the 4th day of Mrs. "E" and Mrs. "Y" was in the work area of UPTD Tanjung Baru Health Center in 2025, Mrs. "E" by observing vital signs BP: 120/70 mmHg, UA: 3.2 mg/dl, N: 80 x/minute, RR: 20 x/minute, S: 36, °C. While Mrs. "Y" BP: 110/90mmHg, UA: 3 mg/dL N: 80 x/minute, RR: 20 x/minute, S: 36.0°C. The diagnosis that appeared in Mrs. "E" and Mrs. "Y" was the same, namely acute pain related to physiological injury agents as evidenced by the client appearing to endure pain. In planning there was no gap between theory and case, the author tried to prioritize based on needs according to Maslow starting from physiological needs, safety and comfort, being appreciated and self-actualization. The author implemented all abortion plans that had been made according to the therapy and nutrition provided. Evaluation after the nursing evaluation that had been carried out on Mrs. "E" and Mrs. "Y" can be seen from the results of the evaluation that had been achieved that some health problems had been resolved.

For the author, so that we as authors can increase our insight and knowledge through therapy by giving boiled bay leaf water to gout arthritis/uric acid sufferers. For the D-III Nursing program at Al-Ma'arif Baturaja Health College, it is hoped that education on other cases can be continued besides therapy of giving boiled bay leaves to gout arthritis/uric acid sufferers so that other health education can emerge. For the Development of Nursing Science and Technology to Increase the breadth of science and technology in the field of coagulation in geriatric care for clients with gout arthritis/uric acid by providing therapy in the form of boiled bay leaf water to reduce pain intensity and uric acid levels. For the Tanjung Baru Community Health Center UPTD to achieve good health services, improve health promotion programs, so that the provision of health services is achieved, further improve facilities and infrastructure at the community health center. For the community, it is hoped that this author can increase public knowledge in improving geriatric maintenance care for gout arthritis/uric acid patients by administering boiled bay leaf water therapy to reduce pain intensity and uric acid levels.

Conflict of interest statement

The authors declared that they have no competing interests.

Statement of authorship

The authors have a responsibility for the conception and design of the study. The authors have approved the final article.

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