

Nursing Care for Clients *Gout Arthritis* by Providing Cupping Therapy in Bawangan Hamlet, Pajarakan Kulon Village Probolinggo

Moch. Elvin Nur Avian¹, Handono Fatkhur Rahman², Maulidiyah Junnatul Azizah Heru³

Program Studi Ilmu Keperawatan, Fakultas Kesehatan, Universitas Nurul Jadid

Article Info

Article history:

Received: 13 September 2024

Publish: 1 December 2024

Keywords:

Gouty Arthritis;

Gout;

Cupping Therapy.

Abstract

Introduction: Gouty arthritis is a type of arthritis that occurs due to a buildup of uric acid crystals due to excessive levels in the blood and high levels of uric acid in the body can cause the joints to be attacked, especially the toes, knees, heels, wrists, fingers and elbows. Treatment for gouty arthritis can be done pharmacologically, namely with anti-pain medication and non-pharmacologically, such as cupping therapy. Objective: in this final scientific work, it is to determine the description of the provision of cupping therapy in nursing care for gout (Goat Artitis) patients. Method: This final scientific work uses the case study method. This method is carried out by observing clients with gouty arthritis who are given cupping therapy intervention and the instruments used use the SOP for giving cupping to reduce pain and reduce excessive purine levels. Results and discussion: Before the cupping therapy intervention was given, the patient complained of pain in the joints of both right and left knees. The patient looked restless, the patient's face appeared to be grimacing complaining of pain, BP: 130/80 mmHg, S: 36.5 C, N: 80 x / minutes, RR: 20x / minute, Uric Acid 8.9 mg/dL. After the intervention of providing cupping therapy, the patient appeared calmer, the patient appeared to improve, Uric Acid was 5.2 mg/dL. Conclusion: From the implementation results, it was found that the intervention of providing cupping therapy had an effect on reducing pain and reducing high purine levels.

This is an open access article under the [Lisensi Creative Commons Atribusi-BerbagiSerupa 4.0 Internasional](https://creativecommons.org/licenses/by-sa/4.0/)



Corresponding Author:

Moch. Elvin Nur Avian

Program Studi Ilmu Keperawatan, Fakultas Kesehatan, Universitas Nurul Jadid

Email: lfinnurafian5@gmail.com

1. INTRODUCTION

Development in the health sector is currently faced with an increase in cases of non-communicable diseases (NCDs) or lifestyle-related diseases, as well as degenerative diseases (Syahri Rafida et al., 2022).

Some of the PTMs experienced by the majority of people, one of which is: *gouty arthritis*. *Gout arthritis* is a type of arthritis that occurs due to a buildup of uric acid crystals due to excessive levels in the blood and high levels of uric acid in the body can cause the joints to be attacked, especially the toes, knees, heels, wrists, fingers. hands and elbows (Sumartini & Susila, 2021).

Gout in the world has increased by 1370 (33.3%) (Ndede, 2019). The highest cases of gout in Indonesia occur at the age of 34 years at 68% and under 34 years at 32% (Juliana, 2020).

Based on the results of research in Onion Hamlet, Pajarakan Village, Kulon, Probolinggo, the highest number of people experienced disease *Gout Arthritis* namely 37%. one of the residents, namely Mrs. S is suffering from an illness *Gout Arthritis* with signs of pain in both right and left knees, restlessness, and appearing to grimace.

Based on the background above, the author is interested in carrying out cupping therapy interventions for gout patients (*Goat Arthritis*) In Bawangan Hamlet, Pajarakan Village, Kulon, Probolinggo.

2. RESEARCH METHOD

This final scientific work uses the method *case study*. This method is carried out by observing clients with the disease *Gout arthritis* those given cupping therapy intervention and the instruments used the SOP for giving cupping to reduce pain and reduce excessive purine levels.

3. RESEARCH RESULTS AND DISCUSSION

A. Assessment

a. Expresses not understanding the health problem they are suffering from

The assessment carried out in accordance with theory includes patient identity, main complaint, patient health history, daily activity patterns, psychosocial data, patient mental status data, physical examination, supporting examinations and therapeutic management. During the assessment in this research, Mrs. S said he had pain in the right and left knee joints. The patient said the pain decreased after taking anti-pain medication. The patient said he had pain during activities and after waking up. The patient said he still often eats grain foods. And the patient said he didn't know how to treat his illness.

Nursing assessment is the initial stage of the nursing process and is a systematic process of collecting data from various data sources to evaluate and identify the client's health status. Nursing assessment is the rationale for providing nursing care according to client needs. A complete and systematic assessment according to the facts or conditions existing in the client is very important for formulating a nursing diagnosis and providing nursing care according to the individual's response (Arisandi, 2021).

The researcher's opinion stated that Mrs. S did not understand the health problems she was experiencing because Mrs. S only felt normal pain. If Mrs. S is sick, just rest then take anti-pain medication and Mrs. S felt better when he woke up. Mrs. S's lack of knowledge resulted in a lack of understanding of the health problems that occurred to her.

b. Client Activities to Overcome Health Problems Are Inappropriate and Failure to Address Risk Factors

From the results of Mrs. S's assessment, it is still not appropriate to deal with the health problems she is experiencing. It is known that Mrs. S is a sufferer of *Gout Arthritis and still* often consume unhealthy foods such as consuming whole grain foods every day.

The increase in uric acid in a person is influenced by many factors, including those who often consume foods high in purine and do not adopt a healthy lifestyle. Frequent consumption of foods high in purine will increase uric acid in the body because uric acid comes from the food consumed and is also produced by the body, this will cause an increase in uric acid in a person. Based on observations, 70% of people often consume foods high in purine, resulting in research results of high uric acid levels (hyperursemia). This is in line with the theory which states that uric acid is normally produced by the body in the right amounts. However, the amount of uric acid in the body can increase due to food intake derived from animal fats such as

meat, fish, eggs, crab, shellfish, shrimp, squid, meatballs and milk (Listiyana et al., 2018).

According to Soeroso and Algristian, 2021, foods that come from the sea and legumes are foods that have high levels of purine, where when the food enters the body, the body is unable to metabolize levels of purine that are too high so that the high purine will accumulate into crystals and causes gout.

c. **Diagnosis**

From the results of the study discussed previously, it is known that the main causes of acute pain nursing problems and knowledge deficits are cognitive limitations, misinterpretation of information, lack of exposure, lack of interest in learning, lack of memory, and unfamiliarity with the information. Knowledge deficit is the absence or lack of cognitive information related to a particular topic that does not show a human response, change or pattern of dysfunction, but rather an etiology or supporting factor that can add to a variation in response (PPNI, 2016). According to Nurhidayah (2013), a person's view of health in general concerns the importance of maintaining bodily health, understanding the meaning and benefits of health for life directly or indirectly.

In the opinion of researchers, this is an indication of an increase in sufferers of Gout *Arthritis* in society, one of which is due to the lack of knowledge about problems, prevention and treatment, especially in people who have Gout *Arthritis*. When the community lacks knowledge and information about *Gout Arthritis*, then it influences inappropriate behavior. This then causes sufferers of Gout *Arthritis* among the community to increase. Lack of knowledge will have a negative impact on sufferers of *Arthritis*. If it goes on continuously, it will cause more serious complications.

d. **Intervention**

The general nursing interventions that will be carried out have been adapted to SIKI. Action Plan to be carried out on Mrs. S includes observation, therapy and education, which Mrs. S provided and taught patient care *Gout Arthritis* by providing health education to increase knowledge of prevention *Gout Arthritis* and the use of cupping therapy to reduce pain and reduce uric acid levels in the body. One of the benefits of cupping in the endocrine system is that it affects the patient centrally through the hypothalamus and *pituitary* thus producing ACTH, TSHMFSLH, ASM. Meanwhile, through the peripheral sister, it directly impacts the organs to produce insulin hormones, *thyroxin*, *adrenalin*, *corticotropin*, *estrogen*, *progesterone*, *testosterone*. These hormones work in places far from the cupping. Several benefits of cupping or al-hijamah have been studied from medical science, namely: it can treat vascular diseases such as hypertension, relieve joint and head pain. Inflammatory diseases (inflammation) increase fertility, physical and mental relaxation, varicose veins and improve the body's immune system. (Aulia et al., 2020).

In the opinion of researchers, it is stated that providing intervention with cupping therapy can be an alternative for reducing pain and excess uric acid levels because many scientists and other researchers have researched the benefits of cupping. So it is fitting that we Muslims should not lose. Cupping as a medicinal legacy from the Prophet Muhammad, we should study and examine further the benefits behind cupping.

e. **Implementation**

Nursing implementation is a series of processes of actualizing nursing plans which aim to make individuals, families and communities independent in the health sector. Actions for patients in question include coaching and teaching about the health care they are facing (Sudiharto, 2017).

In hyperuricemia patients, if they receive cupping therapy treatment, their uric acid levels will decrease according to the digital uric acid measuring device carried out before and after cupping therapy treatment. (Syifa, 2020) The effect of cupping on uric acid levels, cupping can release uric acid crystals from the joints and surrounding tissue, so that pain is reduced, inflammation and swelling of the joints does not occur. If all these symptoms are present, they will gradually decrease. Cupping via nitric oxide (NO) functions to reduce swelling of painful joints, and cupping contains prostaglandins from the painful area, thereby reducing pain. (Putri, 2019).

The researcher's opinion states that the implementation has been implemented by the researcher to overcome the lack of knowledge among clients of *Gout Arthritis*, namely providing related health education *Gout Arthritis*, and providing cupping therapy and teaching healthy lifestyle patterns.

f. **Evaluation**

a) **Health Education**

Health education that has been carried out by researchers for patients with related knowledge deficiencies *Gout Arthritis* The results showed that there was a difference in the level of patient knowledge before and after health education using Pre and Post health education measurements. Patients who initially did not know about the dangers of *Gout Arthritis*, regulate the correct diet and how to prevent its occurrence *Gout Arthritis* However, after being given health education, patients can answer questions about *Gout Arthritis* which are given. The health education that has been carried out on patients is health education about *Gout Arthritis*, after health education is carried out, it is hoped that patients will be able to know the meaning, causes, regulate eating patterns, and the dangers of *Gout Arthritis*.

The results of research conducted by Mardhiah (2020) stated that providing health education is very effective in increasing patient knowledge about care. *Gout Arthritis*. This is because health education is provided using the lecture method using PowerPoint and leaflet media so that respondents can understand the message well. This is in accordance with Ali's (2020) opinion that health education is an educational activity carried out by spreading messages, instilling confidence, so that people are not only aware, know and understand, but are also willing and able to carry out recommendations that are related to health.

b) **Cupping Therapy**

From these results it can be concluded that there is an effect of providing cupping therapy on reducing uric acid levels and pain in sufferers of *Gout Arthritis*. By providing health education and carrying out cupping and teaching healthy lifestyles. The results of decreasing uric acid levels in respondents after being given cupping therapy intervention before the intervention was 8.9 mg/dL and after being given cupping therapy it was 5.2 mg/dL.

These results are supported by research by Astuti Ardi (2019) which shows that before cupping therapy almost half of the respondents 14 (43.8%) experienced group 1 gout, and after cupping therapy the results showed that almost half of the

respondents 17 (53.1%) had gout. normal. Based on statistical tests using the T-test, the value obtained = 0.000 (Pvalue <0.05). There is an effect of Cupping Therapy on Reducing Uric Acid Levels, where group 1 uric acid levels become normal.

4. CONCLUSION

A. Nursing Assessment

Mrs. S results in low knowledge and behavior in maintaining health and healthy lifestyles. Lack of knowledge causes clients to fail in treatment. Another consequence of a lack of knowledge is that treatment behavior in reducing risk factors and preventing disease complications will get worse so that the client's symptoms become worse. *Gout Arthritis* will also get worse.

B. Nursing Diagnosis

In formulating a nursing diagnosis for Mrs. It is known that the main etiology of signs and symptoms of acute pain and knowledge deficits is cognitive limitations, lack of interest in learning where the client has a lack of information which influences the client's behavior, especially in health care for the client. *Gout Arthritis*.

C. Nursing Planning

The nursing planning stage that has been prepared is to teach clients about how to care for patients with *Gout Arthritis* at home so as to increase knowledge in carrying out care while at home for patients with *Gout Arthritis*. The action plan that will be carried out includes providing health education and providing cupping therapy to clients *Gout Arthritis*.

D. Nursing Implementation

The implementation of nursing carried out on gout sufferers before being given health education can increase knowledge and can change client behavior that is ineffective in health care to be effective. Apart from health education, providing cupping therapy can help sufferers of *Arthritis* improve quality of life.

E. Nursing Evaluation

From these results it can be concluded that there is an effect of providing cupping therapy on reducing uric acid levels and pain in sufferers of *Gout Arthritis*. By providing health education and carrying out cupping and teaching healthy lifestyles. The results of decreasing uric acid levels in respondents after being given cupping therapy intervention before the intervention was 8.9 mg/dL and after being given cupping therapy it was 5.2 mg/dL.

These results are supported by research by Astuti Ardi (2019) which shows that before cupping therapy almost half of the respondents 14 (43.8%) experienced group 1 gout, and after cupping therapy the results showed that almost half of the respondents 17 (53.1%) had gout. normal. Based on statistical tests using the T-test, the value obtained = 0.000 (Pvalue <0.05). There is an effect of Cupping Therapy on Reducing Uric Acid Levels, where group 1 uric acid levels become normal.

5. BIBLIOGRAPHY

Arisandi, R. A. T. (2021). Penataksanaan *Gout Athritis* Pada Usia Lanjut. *Jurnal Penyakit Dalam*. Volume 7 Nomor 2. Mei 2007. hal. 135-140.

- Astuti. (2018). Hubungan Asupan Natrium Kalium Dan Lemak Dengan terapi bekam Pada Pasien asam urat Rawat Jalan Di Puskesmas Mlati I (Doctoral dissertation, Poltekkes Kemenkes Yogyakarta).
- Aulia, E., & Marzeli, R. (2020). Persepsi Lansia *Gout Arthritis* Dan Perilaku Kesehatannya. *Jurnal Keperawatan Dan Kesehatan Masyarakat Cendekia Utama*, 9(3), 244. <https://doi.org/10.31596/jcu.v9i3.627> Volume 2. Jakarta: EGC
- Astuti, Ardi. (2019). *Keperawatan Pada Lansia Penderita Asam Urat*. Jakarta: EGC.
- Dermawan. (2019). *Gout Arthritis (Asam Urat)*. Yogyakarta: Kanisius.
- Dinarti, M., Subakir, S., & Mirsiyanto, E. (2022). Faktor-Faktor Risiko Yang Berhubungan Dengan *Gout Arthritis* Di Wilayah Kerja Puskesmas Rawang Kota Sungai Penuh Tahun 2020. *Jurnal Kesmas Jambi*, 5(1), 1–9. <https://doi.org/10.22437/jkmj.v5i1.12396>
- Febrianti and Hikam .2022. Beberapa masalah ASAM URAT di Indonesia. Dari (<http://www.jurnalmedika.com/edisi-tahun-2010/edisi-no-01-vol-xxxvi2010/143-profil/114-prof-dr-tjandra-yoga-aditama-sppk-mars-dtmah-dtce>) diakses tanggal 21 April 2021
- Fatahillah. (2020). Pengaruh Pemberian terapi bekam Terhadap kadar purin Pada Penderita asam urat, *jurnal ilmu Kesehatan*.
- Fanny. (2020). Pengaruh pemberian terapi bekam pada penderita asam urat di SMP Perguruan Taman Siswa Cabang Lubuk Pakam.
- Herawati. (2017). Analisis Kadar Kalsium, Kalium dan Magnesium Pada Okra (*Abelmoschus esculentus* (L.) Moench) Secara Spektrofotometri Serapan Atom.
- Khaleda. 2018. *Buku Saku Diagnosis Keperawatan*. Edisi 8. Jakarta: EGC
- Kasmui. (2016). Efektifitas Pemberian terapi bekam dengan Penurun kadar purin pada Lansia. *JRST (Jurnal Riset Sains Dan Teknologi)*, 3(1), 35. <https://doi.org/10.30595/jrst.v3i1.3596>
- Listiyana. (2018). hubungan umur dan strss dengan kejadian *Gout Arthritis* pada lansia di puskesmas tona kecamatan tahuna timur kabupaten sangihe. *journal of community & emergency*, 2-4.
- Mardhiah K. (2020). *Pengaruh Pemberian Terapi Bekam Pada Pasien Gout Arthritis*. 11(2), 188–199. <https://doi.org/10.22219/jk.v11i2.12251>
- Nurhidayah. (2013). Hubungan kadar natrium dengan kadar purin pada remaja di Kecamatan Bolangitang Barat Kabupaten Bolaang Mongondow Utara. *Jurnal E-Biomedik*, 4(2), 37–45. <https://doi.org/10.35790/ebm.4.2.2016.14862>
- Ode .2019. *Aplikasi Klinispatofisiologis Pemeriksaan dan Management* .Jakarta: EGC
- Prasetyono et al. (2020). Faktor-Faktor Yang Berhubungan Dengan Kejadian *Gout Arthritis* Pada Pasien Yang Berobat di Poliklinik Dewasa di Puskesmas Bangkinang Perhimpunan Reumatologi Indonesia. (2018). *Pengaruh terapi bekam dengan penderita asam urat* 5(1), 102-108.
- Putri, A. (2019). *Asuhan Keperawatan Pada Tn.S Dengan Gout Arthritis Di Klinik Mitra Keluarga*.
- Salmyati and asnindari. (2020). Pengaruh terapi bekam terhadap penyakit asam urat (*Gout Arthritis*), Semarang: EGC
- Susanto. (2021). *Gout Arthritis-Pengenalan, Pencegahan dan Pengobatan*. Jakarta: Buana Ilmu Populer.
- Smelzer and Bare. (2020). *Pathway Gout Arthritis*. *Jurnal Ilmiah Kesehatan Sandi Husada*, 9(2), 817-823.
- Soeroso and Algristian. (2021). Hubungan umur dan stress dengan kejadian *Gout Arthritis* pada lansia di desa towuntu timur wilayah kerja puskesmas towuntu kecamatan pasan kabupaten minahasa tenggara. *journal of community & emergency*, 91-93.

- Sudiharto, T. (2017). *Kebutuhan Dasar Manusia Dan Proses Keperawatan Edisi 3*. Jakarta: Salemba Medika.
- Syifa, R. (2020). *Keperawatan Pada Lansia*. Alih bahasa Musri. Jakarta: EGC.
- Tim Pokja SDKI PPNI. (2016). *Standar Diagnosis Keperawatan Indonesia : Definisi dan Indikator Keperawatan*.
- Trisnawati dan Jenie. (2019). hubungan terapi bekam pada lansia penderita asam urat di wilayah kerja puskesmas kadungora kabupaten garut. *jurnal keperawatan muhammadiyah*, 149.
- Wiraputra, 2018. *Konsep Dasar Keperawatan*. Jakarta: EGC
- Wahid. 2021. *Buku Ajar Keperawatan Medikal -Bedah*. Edisi 8.
- Zamroni, Ach(2016) SOP Terapi Bekam (*Standart Oprasional Prosedure*) <https://repository.um.surabaya.ac.id/1012/7/>).