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MANUCU: A CASE STUDY OF PAIN EXPERIENCE AMONG ELDERLY AS GOUT ARTHRITIS SUFFERER IN TOMOHON CITY

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ABSTRACT
Gout Arthritis is a degenerative disease caused by the deposit of monosodium urate crystals in joints and triggered acute inflammation. One of the most dramatic events occurring to GA sufferers is a flare, a severe condition that rises quickly and lasts for one or two weeks. The pain's intensity and subjective experience vary between individuals and could be among groups. Therefore, identifying how the sufferer expresses pain is essential to understanding the phenomenon. Objective: This study aimed to explore the pain experience of GA Sufferers. Methods: A single case study was applied to conduct this qualitative research. This research was located in Tomohon City and occurred in September 2024. In-dept interviews were done with three adults who are GA sufferers. A narrative analysis of each participant was used to describe the result. Results: Participants are polyarticular tophaceous gout sufferers. Participant 1 (P1) expresses his pain as "ba'-nyut-nyut" or "manucu" (the pain was excruciating, like being stabbed with a needle), burns, and even makes him cannot wake up from bed due to the painful feeling and the foot tophi. Meanwhile, P2 says the Manucu experience usually happens during cold temperatures and makes him totofore (trembling). Last, the third participant says it feels like being stabbed, "ba-cucuk," and very painful. Conclusions: Pain is a subjective experience of the sufferer and has impact in his/her quality of life however, pain is also expressed in a commonality based on the sufferer cultural background like the word "manucu" exists as a characteristic of the pain in the community.

Keywords: gout arthritis; pain experience; pain expression

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INTRODUCTION

Pain is a universal phenomenon in the animal world, including humans. It is an aversive sensation and feeling with or without real tissue damage (Broom, 2001). Pain is indicated by physiological responses, direct behavioral responses, and the ability to learn from the experience of pain so that this experience can be minimized in the future. International Association for the Study of Pain (IASP) define pain as "An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage (Raja SN et.al, 2020). The existence of a pain system and responses to pain are part of the repertoire used by animals, including humans, to cope with adversity during life. Pain is an important part where the welfare of an individual is their state as regards its attempts to cope with its environment (Broom, 1986). Pain is clearly an essential part of welfare (Broom, 2001). According to Broom (2001), pain can indicate that the environment outside the brain's control system influences individuals to experience difficulties in managing it.

In the context of health, medicine, and nursing, pain is a serious problem. Pain in several countries is one of the main reasons patients visit health services (MaÈntyselkaÈ P et al., 2001; US The National Center for Health Statistics, 2004; Gaskin & Richard, 2012). A Study conducted in 2015 related to randomly selected inpatients found that 50% of the sample reported pain during the interview, and 67% experienced pain during the last 24 hours (Abbott, 1992). Epidemiological studies have shown that pain is not prioritized appropriately, and compliance with therapeutic recommendations is poor. In the European Hospital Study, for example, unresolved pain remains a significant problem, with at least every second patient suffering from pain and at least every third of patients complaining of severe pain. (Abbott, 1992) The experience of pain in gout sufferers is one of the oldest reported and clinically defined pain experiences. The study by Abbott et al., (1992) found that the experience of high-grade hospital pain included those with diseases of the musculoskeletal systems (Abbott et al., 2001). The term podagra, namely sudden attacks of pain in the first metatarsophalangeal joint, which is clinically known today as "acute gout" with the experience of "gout flares", was first identified by the Egyptians in 2640 BC (Schwartz, 2006). Later, Hippocrates, in the 5th century BC, called it 'the unwalkable disease'.

Gout has a high prevalence with a significant impact on health. On the other hand, the etiology of gout is well understood, and there are practical, inexpensive medical therapies to treat gout. However, this disease is still undertreated (Singh et al., 2009; Cottrell et al., 2013; Robinson et al., 2015), and there are still gaps in the care provided (Sarawate et al., 2006; Singh et al., 2006; Singh et al. al., 2009; Rashid et al., 2015), including the problem of medication adherence using low uric acid lowering therapy (Scheepers et al., 2018), which seems to be a complex variable, involving many factors and gradually (Ritschl et al., 2020). Empowerment studies of gout patients make room for increasing adherence to treatment with ULT (Perez-Ruiz et al., 2020).

Unfortunately, these data cannot show the prevalence of GA in Indonesia. Some research results, such as Darmawan's research (1988) which found a 5.1% prevalence of GA in Bandungan, Central Java, and Hamijoyo (2011), which found around 3.3% of patients seeking treatment at Hasan Sadikin Hospital Bandung also showed doubts between GA and Osteoarthritis. Karwur (2021), in a compilation of his research data about GA in Indonesia, said that the prevalence of GA in several tribes in Indonesia was based on the glance reports, both in the context of hospitals and communities, such as in Ujung Pandang (South Sulawesi), Masohi (Central Maluku), Minahasa. (North Sulawesi) and Bali. Of these several areas, Minahasa is considered as an area with a significant and large prevalence of GA. The results of a study by Padang et al. (2006) stated that the prevalence of the first attack of GA in respondents with Chronic Topus Gout that occurred in participants aged 15-34 years was 32.2% Developing research related to the experience of pain in GA sufferers in Minahasa is essential because researchers can identify pain expressions related to individual subjective responses and pain experiences that may be shared communally. Therefore, this study aims to explore the pain experiences of elderly as GA sufferers in Minahasa.

METHOD

This research is qualitative exploratory in nature and approached by a single case study with one unit analysis named pain experience of elderly who are GA Sufferer. It was done in Tomohon City, North Sulawesi, in September 2023. The data was collected through an in-depth interview with a semi-structured interview guide. Three participants were recruited into this research through a purposive sampling technique with specific criteria such as, elderly, GA sufferers, originally from Minahasa and willing to participate. All data are transcribed

into the manuscript and analyzed using each participant's narrative analysis. It is arranged with each participant's story about suffering and experiencing gouty pain.

RESULTS

This study succeeded in interviewing three participants willing to be explored their pain experiences while suffering from GA. These participants are people whose identities have been known since the last research in 2015 and confirmed by Tara-Tara public health center in Tomohon. Some could not participate in this study for several reasons, such as not agreeing to be interviewed due to psychologically sensitive about the condition, and some passed away. Following are the profiles of the three research participants:

Table 1.
Profile of Participants

Initial	Age	Duration of GA	Thopus present
WD	63	20 years	Yes
SR	60	11 years	Yes
AR	61	14 years	Yes

First Case

The The first participant interviewed was Mr. W, 63 years old. Mr. W has been suffering from Gout Arthritis for 20 years. Specifically, He is a GA patient with polyarticular gouty tophus for recent years which means that He gets GA pain with clinical signs of thopus in more than one joint. Mr. W admitted that the pain he felt had been rising since the beginning of the GA illness, then the thopus appeared until the moment the interview occurred. Following are the characteristic expressions of pain conveyed by Mr.W:

"*Saki, barasa panas tu kaki (Its painfull, the foot feels burned)*"

The expression of "saki" means the pain that arises when the GA attack is excruciating; He even expresses it with some stress and intonation in that word to symbolize how severe the pain is. Specifically, the characteristics of the pain that Mr. W conveyed were pain like a burning sensation in his legs. In addition, the characteristics of pain that the first participant conveyed were revealed as follows.

"Kadang mo rasa kaya manucu bagitu (sometimes it feels like stabbed"

The word "manucu" is the local language to express the quality of pain, like being stabbed. According to Mr. W, this quality of pain also appears during the period of GA attack. Related to the GA disease that the first participant has had for more than ten years, the pain that has been felt for a long time also impacts the participant's perspective regarding his pain and illness. The following is Mr. W's response when asked about the chronic pain he has been living with so far:

> *"so saki terus, dari mulai minum obat macam-macam sampe dokter cuma kase parasetamol saja. Sampe dulu mau duduk pun nimbole karna sakit ujung-ujung jari karna depe kapur (continuous pain, starting from taking various kinds of pain medication until now the doctor only gives paracetamol, until previously even if I wanted to sit I couldn't because of the pain in the tips of my fingers which had topus.)"*

Second Case

The second participant in this study was Mr. S (60 years), who has been suffering from Gout Arthritis with Monoarticular Thopus for approximately 11 years. These participants had the same pain expression but at the same time were different from the first participant, which was expressed as follows.

"Saki, saki skali, de pe manucu dang (it hurts, so painfull, its stabbed)"

The participant expressed the repetition of the word pain to emphasize that the pain he experienced was very high. Besides that, there are also other expressions related to the state of GA pain.

> *"Kalo so oras-oras dingin bkin ngilu sampe badang barasa saki sampe batotofore (If it's cold, it causes pain until the body trembeling)"*

According to Mr.S, the quality of the pain he faced when he felt a recurrence of GA was like aching or pain in the bones. Even this pain can make his body shake or tremble (*batotofore*). The description of the time conveyed by Mr.S to explain when this pain occurs is when the hours are cold (oras-oras dingin) or the room temperature gets cold. GA pain and recurring pain made the second participant also express his impressions regarding this disease. The following are expressions related to pain and the treatment process it undergoes.

> *"adooo itu dia, bagamena e, bingung juga, kadang bertentangan to, kalo saki mo minom dexametason su nimbole, mo minum ramuan juga nintau. Kadang orang bilang nimbole makan kangkong, tapi kita makan aman, Cuma itu satu yang nyanda bisa, sayur salada, kalo makang akang memaangg langsung adooo so bangka, so merah, sakii (Oh how come, I'm confused too, sometimes it's contradictory, if you're sick you can't take medicine, you don't know how to drink potions. Sometimes people say you can't eat kale, but I eat it safely. There's only one thing I can't do, salad greens. If you eat this food it immediately swells and becomes red and painful.)"*

Mr. S expressed his confusion in dealing with GA and the pain itself. This confusion arises when it turns to what drugs can be taken to reduce pain, what herbal medicines can be used, and what types of food can trigger pain.

Third Case

The last participant is Mr.A, who is 61 years old. Participants had suffered from GA with polyarticular tophus for more than ten years. Currently, Mr. A's activities are only at home after gardening activities. He left them as his livelihood because of his illness. participant experience of pain during GA is described as follows:

> *"pertama kali tahun 2005 Cuma rasa nyilu di kaki, lama-lama rasa macam baduridi kaki, lalu bamera kong kase biar, bengkak. Iyo Sakit, sakit skali. (the first time it happened in 2005, it was just pain in the legs, over time the legs felt like they were prickly, then reddish and left like that, yes it hurts, it hurts a lot)"*

> *"Rasa banyut-nyut itu urat (it feels like throbbing)"*

> *"saki skali, ada baduri-duri rupa bacucuk (It is so painful, sharp)"*

The quality of pain that Mr. A conveyed was "nyut-nyut," or like a throbbing. In addition, sometimes, the pain that arises is characterized as being stabbed by a thorn (baduri-duri, bacucuk). Mr. A also described experiencing intense pain.

> *" setelah bae dari rawat inap, 2 minggu anfal ulang, su nimbole bagara, jalan nda bisa, bangun nda bisa, saki. (got better after hospitalized, 2 weeks later it relapsed again, couldn't move, couldn't walk, hurt"*

> *"kase obat minum sampe abis tapi tetap banyut-nyut. anfal sembuh anfal sembuh. Bagemana ini, so Rasa basiksa sampe so takutan bale ka rumah sakit (take the medicine until it runs out but still feel the pain, relapse heals, relapses again, how is this? It felt excruciating to the point of fear of going to the hospital)"*

Mr. A showed his frustration about the incurable GA occurring for many years. He had undergone the treatment process until it was finished, but the pain, like stabbing (nyut-nyut), still occurred. He emphasizes the phrase recovered and then relapsed over and over, which

made him feel tormented and even afraid to go to the hospital.

DISCUSSION

The result of this research report that all participants have chronic GA with thopus (it is shown in the duration of GA). Clinically, this type of gout is categorized as Gout Tophus Poliarticular, which means a gout chronic with tophus in more than one joint (Perhimpunan Reumatologi Indonesia, 2018). Based on the description of the participants, there are some underlines discover that important to emphasize in this research. First, it is obvious that the three participants express their subjective experience of GA in the horrible and excruciating way, especially during the attack period as the same literature mentioned that the self-limiting gouty pain not only happen in the acute phase, but also persist in the chronical phase (Li-Yu J et.al, 2001; Mandell BF, 2008; Lee SJ et.al, 2011). However, the same characteristic of pain that mentioned by all the participants is "manucu," a local expression by the Minahasa mean sharp or stepped. In other words, the chronic pain is subjectively feels by the sufferer but the way it is expressed can be common in their culture. This concept is what anthropologist interest to study pain through a verbal and and non-verbal communicative act in cultural context. Besides, this concept is also important for health care providers in a way to understand and consider the cultural context of pain, so they can decide the medication and caring process of the patient effectively (Hanago G A, et.all, 2024). This is in hand with Gooberman-Hill R (2015) and also Sing R (2017) findings in their study who stated that reoccurring chronic pain can be culturally constructed by the community as a part of their response to the suffering.

The second important aspect appear in this research is related to the expression about persistent pain and the disease course that have not been done. The participants utter all the caring process about taking various medicines but the disease still be lived. It is shown that the persistent chronic pain can caused psychological fatigue due to the treatment process. As consequences, this phenomena proof that the importance of integrative health education by community health center worker to ensure the caring process of GA patients in order to assess, treat and also evaluate their pain (Morris C et al. 2016). Last aspect that are obvious mentioned by participatns is about the impact of GA pain, which not only affect the participatns activities but also the pshycology, social and spiritual aspect of life. In other words, GA pain will effect the sufferer quality of life and well-being (Broom, 2001; Gafor at.al, 2023).

CONCLUSION

This study can be preliminary research on understanding pain, which means pain as a subjective experience and also pain as sociocultural phenomenon. As shown in the three cases, pain is internalized subjectively by the sufferer and it has impact on their quality of life. Meanwhile, some commonalities about the way participants communicate the pain show us that cultural background influence how individual express the pain. The terminology "manucu" is one example of how a characteristic pain in the community is expressed.

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