

NURSING CARE FOR MANAGEMENT OF HOLD RELAX TO REDUCE PAIN IN ELDERLY WITH OSTEOARTHRITIS AT IKEDAEN HOSPITAL JAPAN

Siti Nur' Afifah, Riani Pradara Jati

Sekolah Tinggi Ilmu Kesehatan Kendal, Jl. Laut No.31 Kendal Central Java 51311, Indonesia

*sitinur'afifah@stikeskendal.ac.id

ABSTRACT

Osteoarthritis, a type of arthritis that often occurs in the elderly, is a degenerative disease, which is chronic. One way to treat osteoarthritis in the elderly is to carry out osteoarthritis therapy by doing joint movement exercises, one of which is Hot Relax. This scientific research aims to find out the effectiveness of Hot Relax therapy exercises to reduce pain. This scientific study uses a nursing care approach method that applies Hot relax exercise therapy. This Hot Relax therapy exercise method is carried out 3 days in a row for 20 minutes every day. As a result of Hold Relax therapy exercises, patients experienced a reduction in pain and were able to carry out activities even with a little help.

Keywords: elderly; hold relax therapy exercises; osteoarthritis; pain

INTRODUCTION

Aging is a condition that will occur in human life. Aging is a scientific process. Aging or what is usually called an elderly person is someone who has reached the age of 60 years or above. The elderly refers to those who have reached the final stage of adulthood or old age (Alfinatunni 'mah Nurhayati, 2020). Osteoarthritis is a type of arthritis that often occurs in the elderly or is usually called a degenerative disease, which is chronic. Osteoarthritis is a disorder of degeneration of the cartilage structure in the joints. Osteoarthritis is also known as generative joint disease or hypertrophic arthritis (Matongka et al., 2021). Epidemiological factors that have a high risk of developing osteoarthritis are: injury, joints, obesity, and the elderly (old age). Osteoarthritis in the elderly really interferes with the elderly in taking care of themselves and limits the movement of the elderly. Hold Relax is a physiotherapy and special exercise technique of active and passive movements, isometric contractions, passive relaxed movements, traction as well as passive movements with additional final force to increase functional activity (Almahdy, 2023). Based on research conducted by (Yudiansyah and Pafitri, 2021) that the Hot Relax action has been proven to increase functional activity in osteoarthritis patients, able to reduce pain, increase joint movement.

METHOD

This research was carried out by applying Hold Relax therapy exercises. Hold Relax is an exercise action to speed up or stimulate the response to the neuromuscular mechanism by stimulating proprioceptor stimulation (Rachma Ramadhan, 2002). Based on research conducted by (Yudiansyah and Pafitri, 2021) the Hold Relax action has been proven to increase functional activity in osteoarthritis patients, able to reduce pain, increase joint movement.

RESULTS AND DISCUSSION

After carrying out the action, *Hold Relax* therapy exercises are carried out 3 days in a row for 20 minutes.

1. S: Paisen said he still felt pain in his legs
OThe patient is seen grimacing in pain, looks restless

- A: The problem has not been resolved
P: Intervention continues
2. S: The patient said his condition was improving
O: The patient no longer seems to be wincing in pain, The patient still feels anxious, TTV is within normal limits
A: Problem partially resolved
P: Intervention continues
3. S: The patient said his condition was improving
O: The patient is not anxious, The patient does not feel pain, The patient is able to carry out activities on his own
A: Problem resolved
P: Intervention complete

The results of a preliminary study on the elderly Mrs. S (76 years old) experienced osteoarthritis from holding Hold Relax therapy exercises. For 3 consecutive days, the results showed that the patient felt pain and had difficulty carrying out activities, to the patient experiencing a decrease in pain and being able to carry out activities even with assistance.

Definition and Etiology

Osteoarthritis is stiffness and pain in the joints. Joint stiffness can occur due to lack of movement and activity in the joints, usually occurring in the morning after waking up and after resting during the day. Pain occurs due to excessive activity. This causes the joints to become red, warm with tenderness and a feeling of stiffness, immobility and deformity (Ramadhan, 2022).

Clinical Manifestations

According to Suci Rhamadani (2019), the clinical symptoms of osteoarthritis that usually appear are:

- a. Joint pain
- b. Morning joint stiffness <30 minutes
- c. Barriers to movement in joints
- d. Crepitus is a grinding or clicking sound that can be heard in painful joints due to friction between two joint surfaces.
- e. Asymmetric swelling of the joints caused by accumulation of fluid in the joint space.
- f. Changes in gait that are usually felt in patients with OS in the heels, knees, ankles and hips develop into lameness.
- g. Barriers to movement
- h. Asymmetric joint swelling with minimal joint effusion (<100cc).
- i. Sign of inflammation
- j. Permanent joint deformity

Pathophysiology

The pathophysiology of osteoarthritis according to Pratama (2022) is:

Osteoarthritis is a chronic condition that occurs when joints degenerate without inflammation, slowly worsening over time. This process involves cartilage degradation, changes to the underlying bone, and joint inflammation. Factors such as age, mechanical stress, obesity, and genetics can cause damage to the joints. The most vulnerable joints are those that often bear the weight of the body, such as the hips and knees. Degenerative changes in the joints can be caused by various factors, such as injury, infection, congenital deformities, and inflammatory joint diseases. This can

cause trauma to the cartilage both intrinsically and extrinsically, ligament fractures, or changes in joint metabolism. As a result, the cartilage experiences erosion and damage, which can lead to increased bone thickness and narrowing of the joint cavity. Symptoms include pain, crepitus when moving, deformity, hypertrophy, and the appearance of nodules (Yuliani, 2021).

How Hold Relax Works

1. Patient position: Lying on the bed
2. Therapy position: The therapy is next to the tungki being trained
3. Implementation: The patient moves his leg towards the antagonist actively until the patient feels pain. After that, apply resistance to the distal part of the knee joint in the opposite direction to the patient's movement. After that the patient is asked to contract with an isometric contraction or without movement. The therapist gives a signal to the patient, hold for a count of 8x, on the count of 8 the patient is ordered to relax until the patient is completely relaxed, and return to flexion, and do 6-8x repetitions.

CONCLUSION

Before doing Hold Relax therapy exercises, joint pain was found on a scale of 4, after doing Hold Relax therapy exercises, an increase in joint strength on scale 2 was obtained. From the research results it was found that there was an effect of giving Hold Relax therapy exercises on joint pain in elderly people with osteoarthritis. According to researchers, Hold Relax therapy exercises can have an effective influence on joint pain problems in elderly people with osteoarthritis.

REFERENCES

- Pratama Ocha Lesti. (2022). Nursing Care to Fulfill the Needs for Pain Comfort in the Elderly Mr. T with Osteoarthritis at the Tresna Werdha Social Home, Bengkulu City, 2022. *Journal of the Poltekkes Kemenkes Bengkulu*, Vol 8-18
- La Almadi La Boane, Danur Setiawan, Anita Faradila Rahim. (2023). Physiotherapy Management of Bilateral Knee Osteoarthritis Using the Hold and Contrac Relax Method Case Report. *Unisa Physical Therapy Journal*, Vol 3 No.1
- Yudiansyah Luthfi, Lia Dwi Prafitri. (2021). Description of Increased Functional Activity in Knee Osteoarthritis Sufferers Before and After Hold Relax Exercise. *Journal of Muhammadiyah University of Pekajangan Pekalongan*, Vol 1675
- Wahyuni Astri, Imran Safei, Prema Hapsari H, Sultan B, Shulhana M. (2024). Characteristics of Genu Osteoarthritis in Elderly People Who Received Medical Rehabilitation at Hajjah Andi Depu Regional Hospital. *Medical Student Journal*, Vol.04 No. 01
- Ramadan Adnan Fitroh. (2022). Physiotherapy Management of Dextra Knee Osteoarthritis Patients Using Transcutaneous Electrical Nerve Stimulation, Instrument Assisted Soft Tissue Mobilization, and Hold Relax Exercise. *Journal of Widya Husada University Semarang*, Vol 4-24

Pratama Ocha Lesti. (2022). Asuhan Keperawatan Pemenuhan Kebutuhan Rasa Nyaman Nyeri
Pada Lansia Tn. T