

FAMILY NURSING CARE MANAGEMENT WITH EXCELLENT SERVICE FOR Mrs. R WITH RHEUMATOID ARTHRITIS

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ABSTRACT

Rheumatoid Arthritis (RA) is a chronic inflammatory disease that causes pain, stiffness, and swelling in the joints and can affect the entire body. This autoimmune and progressive condition, if not properly managed, may decrease the patient's quality of life. Appropriate medical management and family involvement are essential to enhance patient independence Objective:(Lucia Firsty dkk, 2024) . This study aims to describe nursing care for patients with Rheumatoid Arthritis and explain efforts to reduce pain and improve patients' ability to perform daily activities Method: This research used a descriptive case study approach, consisting of assessment, nursing diagnosis determination, planning, implementation, and evaluation.(Mariyam Yusefa, 2023) .Data were obtained through interviews, observation, and documentation studies Results: The results showed that the patient experienced chronic pain in the knee and hand joints, accompanied by limited mobility due to joint stiffness. The nursing interventions provided included health education, range of motion (ROM) exercises, and regulation of activity and rest. (Niswa Salamung, 2021). After nursing actions were implemented, there was a decrease in pain intensity and an improvement in the patient's ability to carry out daily activities Conclusion: Comprehensive and continuous nursing care for patients with Rheumatoid Arthritis can help reduce pain, improve mobility, and enhance quality of life. Educational approaches and family support play an important role in the success of the nursing care process.(Xu Zheng *et al.*, 2024)

Keywords: Nursing Family Care, Rheumatoid Arthritis, Excellent Service

Introduction

Target 3.4 of the Sustainable Development Goals (SDGs) seeks to prevent and cure non-communicable diseases in order to lower premature mortality. In order to prevent and control their risk factors and encourage healthy lifestyles in the society, non-communicable diseases, or NCDs, are a major issue. Rheumatoid arteritis is one such non-

communicable disease of concern. (Kementirian Kesehatan RI, 2023)

Along-term inflammatory condition that affects the joints and results in pain, stiffness, and swelling is called rheumatoid arthritis (RA). The immune system targets the body's own tissues, particularly the lining of the joints, in this autoimmune illness. If left untreated, this ailment can

lead to progressive joint deterioration. (Ainun and Nurul, 2023)

In North Sumatra, the most populous province in North Sumatra, the city of Medan has a population of approximately 2,121,053, with 35.7% of them being elderly. Rheumatoid arthritis in the elderly is a disease affecting 30% of the 35.7% of the elderly population in Medan. (Nithyashree and Deveswaran, 2020)

In Indonesia, the 2018 Basic Health Research (Riskesdas) stated that the prevalence of joint disease was 7.3%, with a total of 713,783 cases. Sufferer. (Shalahuddin *et al.*, 2023)

Research Method

This research used a descriptive case study method to explore the issue of family nursing care for patients with rheumatoid arthritis in Bagun Rejo Village in 2025. The approach included nursing assessment, diagnosis, and evaluation. The goal was to describe the family's condition and assess nursing intervention activities. (Ilham Pratama, 2020)

The research was conducted in Bagun Rejo Village, Tanjung Morawa, Deli Serdang Regency, with Mrs. R according to the specified schedule. Case Study Subjects

Subjects are individuals/families with health problems that are being studied in depth. 1. Inclusion Criteria Rheumatoid Arthritis. Clients in families with rheumatoid arthritis who are cooperative in providing family nursing care. Clients in families with a history of rheumatoid arthritis. (Ayuningtiyas *et al.*, 2025)

Exclusion Criteria

Clients with rheumatoid arthritis who are unwilling to participate as respondents, clients with rheumatoid arthritis who are uncooperative, or patients who show no signs of. (Tommasi *et al.*, 2024)

Type of Data

Data collected: Primary data is data obtained from clients through interviews and observation. Data obtained from clients/researchers through the client's family history. (Saputra *et al.*, 2023)

Result

Results of Family Nursing Care for Rheumatoid Arthritis in Mrs. R in Bangun Rejo Village, Tanjung Morawa District, Deli Serdang Regency, from March 4th to March 6th, 2025

The initial gap identified from the medical record at the auxiliary health center included only the patient's name, medical diagnosis, and address. (Bengkulu *et al.*, 2024)

4.2.1 Family Nursing Assessment The initial stage of family nursing assessment is a fundamental part of the nursing care process used to gather information related to the family's health status. During this assessment process, data collection can be carried out through interview techniques, observation, and physical examination (Sastra1, 2025)

The assessment was conducted on Tuesday, March 4th, 2025, during a home visit to Mrs. R, who lives in Dusun 8, Bangun Rejo Village. During the assessment, it was found that Mrs. R is 53 years old, has an elementary school education, and is a housewife. She has been suffering from Rheumatoid Arthritis for the past 20 years. (Simanjuntak *et al.*, 2024)

During the family assessment, the writer did not encounter any obstacles or issues. During the visit, the family was cooperative and responded well, which facilitated the assessment process. However, the patient and her family did not understand the definition or causes of the illness.

1. Chronic Pain

Related to the family's inability to care for a sick family member, evidenced

by chronic inflammation due to autoimmune Rheumatoid Arthritis affecting the knee joints down to the soles of the feet.

2. Impaired Physical Mobility

Related to pain, as evidenced by complaints of difficulty moving lower extremities and pain when moving.

3. Knowledge Deficit

Related to the family's inability to recognize health problems, evidenced by the family's and client's lack of understanding about the causes and symptoms of Rheumatoid Arthritis.

Table 1. Results of Bivariate Analysis of the Relationship between Teenage Pregnancy, External Variables and the Incidence of LBW in Gunungkidul Regency in 2023

Criteria	Score	Weight	Scoring	Rationale
a. Nature of the problem				This is an actual problem. The client complains of continuous pain for more than 6 months.
• Health threat				
• Crisis				
• Unhealthy / Less healthy	3	1	$3/3 \times 1 = 1$	The pain scale is 6, described as throbbing pain in the lower back.
b. Possibility of the problem being changed				Chronic pain can be reduced through pharmacological therapy and lifestyle modifications according to recommendations.
• Easy	1	2	$2/2 \times 2 = 2$	
• Partial				
• Cannot be changed				
c. Potential of the problem to be prevented				The problem can be prevented from worsening through proper pain management, education on body posture, and physical activity.
• High	2	1	$3/3 \times 1 = 1$	
• Moderate				
• Low				
d. Salience of the problem				The problem is very significant because the client complains that the pain interferes with sleep, daily activities, and mood.
• Severe problem that must be addressed				
• Problem but does not require immediate intervention	1	1	$2/2 \times 1 = 1$	
• Problem not perceived				
Total Scor			5	

Discussion

The discussion must be meaningful, not just narrating the results (tables and figures), and should also state the implications of the research results (Hari, 2017). The findings of this study indicate that Rheumatoid Arthritis (RA) significantly affects the physical mobility and quality of life of patients, especially when family knowledge and care support are limited. This is consistent with research conducted by Tarzo (2016), which stated that chronic autoimmune diseases such as RA often require long-term treatment and comprehensive family-based care.

The inability of families to recognize the early signs and symptoms of RA contributes to delayed treatment and worsened outcomes. In this study, the patient's family lacked basic knowledge regarding the causes, symptoms, and appropriate care management for RA. This aligns with the findings of Kristi (2016), who emphasized that education and health literacy among family members play a crucial role in managing chronic diseases at home.

Pain and impaired mobility were the two most dominant nursing problems identified during the assessment. The patient reported persistent joint pain in both

knees and feet, which hindered daily activities such as walking and performing household tasks. This condition is supported by the study of Herdian (2015), which found that joint inflammation in RA typically leads to decreased functional ability and dependency on others for routine activities.

Furthermore, patient care was improved after health education was provided regarding RA management, joint protection techniques, and non-pharmacological interventions such as warm compresses and light exercises. This intervention helped reduce pain intensity and increased the patient's confidence to move independently, supporting Tarzo's (2016) recommendation that continuous family involvement and home-based interventions significantly improve the well-being of RA patients.

In conclusion, the involvement of the family in providing informed and consistent care plays a vital role in managing Rheumatoid Arthritis. Increasing family knowledge and self-efficacy is crucial for the improvement of health outcomes and the prevention of complications (Kristi, 2016).

Conclusion

Based on the conclusions of the family nursing care implementation for Mrs. R with rheumatoid arthritis, the author provides the following recommendations:

1. For the Family The family is expected to actively participate in the care of family members with rheumatoid arthritis by improving their knowledge regarding the disease, pain management, and appropriate lifestyle modifications.

Continuous application of the education provided is recommended to prevent recurrence and worsening of symptoms.

2. For Health Workers (Nurses) Nurses are encouraged to enhance the implementation of family-centered nursing care, particularly in managing chronic diseases such as rheumatoid arthritis. Providing consistent health education and pain management interventions is essential to improve

- patient comfort and family coping mechanisms.
3. For Health Service Institutions Health service institutions, especially primary health care centers, are advised to strengthen promotive and preventive programs related to chronic joint diseases. Regular counseling and family-based education programs can help improve community awareness and early management of rheumatoid arthritis.
 4. For Educational Institutions Educational institutions are expected to use this case study as a reference to enrich learning materials related to family nursing care and chronic disease management, particularly rheumatoid arthritis.
 5. For Future Researchers Future researchers are encouraged to conduct further studies with a larger population and longer observation period to obtain more comprehensive results regarding the effectiveness of family nursing care interventions in patients with rheumatoid arthritis patients with rheumatoid arthritis.

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