

## ABSTRAK

Dilla, Mas'udah Firdausia. 2022. *Deskripsi Penanganan Nyeri Sendi Konsumen Apotek X Kota Malang*. Karya Tulis Ilmiah Akademi Farmasi Putra Indonesia Malang. Pembimbing : Dr. Apt. Erna Susanti, M. Biomed.

Kata Kunci : Nyeri Sendi, Terapi Farmakologi, Terapi Non Farmakologi

Nyeri sendi akan lebih mudah terjadi pada lansia. Karena lansia mengalami penurunan fungsi organ tubuh sehingga ketika lansia mengalami nyeri sendi akan semakin membatasi aktifitas fisiknya. Pengobatan atau terapi nyeri sendi dapat dilakukan dengan 2 cara yaitu terapi farmakologi dan terapi non farmakologi. Penelitian ini bertujuan untuk mendeskripsikan terapi farmakologi yang terdiri atas obat-obat yang digunakan serta aturan penggunaannya dan terapi non farmakologi untuk mengatasi nyeri sendi. Penelitian ini merupakan penelitian yang bersifat deskriptif. Hasil dari penelitian ini, konsumen yang menggunakan terapi farmakologi sebanyak 96% dan terapi nonfarmakologi sebanyak 4%. Terapi farmakologi yang paling banyak digunakan yaitu metilsalisilat sebesar 65%, natrium diklofenak 39% dengan aturan pakai 1x sehari 1 tablet sebanyak 47,2%. Untuk terapi nonfarmakologi, konsumen paling banyak memilih “Tidak melakukan pencegahan sebanyak 38% sehingga kesimpulan dari penelitian ini yaitu penanganan nyeri sendi konsumen Apotek X Kota Malang dengan menggunakan obat dan tidak melakukan terapi nonfarmakologi.

## ABSTRACT

Dilla, Mas'dah Firdausia. 2022. *Description of Handling Joint Pain of Consumers at X Pharmacy, Malang City* . Scientific Writing of the Indonesian Men's Pharmacy Academy Malang. Supervisor : Dr. apt. Erna Susanti, M. Biomed.

Keywords: Joint Pain, Pharmacological Therapy, Non Pharmacological Therapy

Joint pain will be easier to occur in the elderly. Because the elderly experience decreased organ function so that when the elderly experience joint pain, it will further limit their physical activity. Treatment or therapy for joint pain can be done in 2 ways, namely pharmacological therapy and non-pharmacological therapy. This study aims to describe pharmacological therapy consisting of the drugs used and the rules for their use and non-pharmacological therapy to treat joint pain. This research is a descriptive research. The results of this study, consumers who use pharmacological therapy as much as 96% and non-pharmacological therapy as much as 4%. The most widely used pharmacological therapy is methylsalicylate at 65%, diclofenac sodium 39% with the rule of taking 1 tablet a day as much as 47.2%. For non-pharmacological therapy, consumers mostly choose "No prevention as much as 38% so that the conclusion of this study is the handling of joint pain of consumers at X Pharmacy Malang City by using drugs and not doing non-pharmacological therapy.