

Efektivitas Extra Virgin Olive Oil Topikal Terhadap Nyeri Dan Kekakuan Sendi Pada Pasien Osteoarthritis Lutut di RS St Carolus Jakarta = The effectivity of topical Extra Virgin Olive Oil on pain and joint stiffness in knee osteoarthritis patient at St Carolus Hospital Jakarta

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Abstrak

Nyeri dan kekakuan sendi merupakan gejala utama pada pasien Osteoarthritis (OA) lutut. Terapi komplementer dan alternatif diperlukan untuk menurunkan nyeri dan kekakuan sendi pada OA lutut tanpa efek samping. Penelitian ini bertujuan mengidentifikasi efektivitas Extra Virgin Olive Oil (EVOO) topikal terhadap nyeri dan kekakuan sendi pada pasien OA lutut di RS St Carolus Jakarta. Desain penelitian menggunakan quasi-experimental menggunakan pre-test and post-test. Jumlah sampel terdiri dari 15 responden pada masing-masing kelompok intervensi (EVOO topikal) dan kelompok kontrol (placebo) dengan teknik consecutive sampling. Uji statistik dilakukan menggunakan uji parametrik dan uji non parametrik sesuai hasil uji normalitas. Hasil penelitian menunjukkan terdapat efektivitas EVOO topikal menurunkan nyeri bangun pagi pada hari ke-7 (p 0,001) dan hari ke-14 (p 0,000), nyeri beraktivitas pada hari ke-7 (p 0,022) dan hari ke-14 (p 0,004), serta menurunkan kekakuan sendi pada hari ke-14 (p 0,040). Placebo efektif dalam menurunkan nyeri beraktivitas dan kekakuan sendi pada hari ke-7 dan hari ke-14. Namun, tidak efektif dalam menurunkan nyeri bangun pagi pada hari ke-14. Selisih nilai perubahan nyeri bangun pagi antara kedua kelompok secara signifikan menunjukkan ada efektivitas EVOO topikal dalam menurunkan nyeri dibandingkan placebo pada hari ke-14 (p 0,0002). EVOO topikal menunjukkan sedikit lebih berefek dalam menurunkan nyeri beraktivitas dan kekakuan sendi pada hari ke-7 dan hari ke-14 dibandingkan placebo. Hasil ini menunjukkan bahwa EVOO topikal efektif secara bertahap menurunkan nyeri dan kekakuan sendi pada OA lutut. Oleh karena itu, EVOO topikal direkomendasikan sebagai terapi komplementer yang aman tanpa efek samping pada pasien OA lutut

.....Joint pain and stiffness are the main symptoms in knee osteoarthritis (OA) patients. In order to avoid side effect, complementary and alternative therapies are needed to ease joint pain and stiffness. This study aims to identify the effectiveness of topical Extra Virgin Olive Oil (EVOO) against joint pain and stiffness in knee OA patients at St Carolus Hospital Jakarta. The research design uses quasi-experimental using pre-test and post-test. The total sample consisted of 15 respondents in each intervention group (topical EVOO) and control group (placebo) with consecutive sampling techniques. Statistical tests are carried out using parametric tests and non-parametric tests compliant to the results of normality tests. The results reveal there is an effectivity of topical EVOO in reducing the initial pain when waking up in the morning on the 7th day (p 0.001) and the 14th day (p 0.000), the highest pain (activity) occurs on the 7th day of smearing (p 0.022) and the 14th day (p 0.004), as well as reducing joint stiffness on the 14th day of smearing (p 0.040). Placebo also has the highest effectiveness in lowering pain during activities and joint stiffness on the 7th and 14th day of smearing. However, it is not effective in lowering the early pain when waking up early on the 14th day of smearing. When the value differences of pain during waking up in the morning are compared between two groups, it is revealed that topical EVOO is effective effectiveness in reducing the early pain

compared to placebo on the 14th day of smearing (p 0.0002). In contrary with placebo, topical EVOO reveals slight effect in reducing the highest pain (activity) and joint stiffness on the 7th and day 14th day of smearing. The results of this study have shown that topical EVOO is effective in gradually lowering joint pain and stiffness in knee OA patients. Therefore, topical EVOO is recommended as a complementary therapy and safer alternative without side effects in knee OA patients