

THE APPLICATION OF WARM COMPRESS TO CHANGE IN PAIN SCALE OF GOUT ARTHTRITIS IN PUSKESMAS NGORESAN

Nimas Faradiba Renata Kurnianing Agustin, Annisa Andriyani,
Mulyaningsih

nimasfaradiba08@gmail.com

STIKES 'Aisyiah Surakarta

ABSTRAK

Background : Gout is the common type of arthritis, based on the sign and symptoms reach 7,3% of Indonesia's total populations. The underlying metabolic disorder of gout is hyperuricemia which is defined as elevating uric acid levels more than 7mg/dl for men and more than 6mg/dl for woman. **Aim** : This research aims to know the result of implementation of how does a warm compress work in scale of pain of Gout Arthritis's patient. **Research Method** : This research used descriptive research methodology, it involves gathering facts and characterize and describe systematically of gout arthritis's pain from responden in Puskesmas Ngoresan. **Result** : Warm compress can reduce pain scale. After 14 days therapy, Mrs S and Mr. A got significant result. Mrs. S has the level of pain scale from 5 before therapy to 2 after therapy. And Mr. A from 6 to 3. **Conclusion** : This result can be concluded that warm compress is effective in reducing pain scale.

Keywords : Gout Arthritis, pain scale, warm compress