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**PAIN MANAGEMENT EFFORTS *GOUT* WARM
COMPRESS METHOD WITH GINGER AND WARM
COMPRESS MEDIA THROUGH THE LEMONGRASS
*BOOKLET***

Abstract

Background:. Gout or commonly known as *gout* is a disease caused by the accumulation of monosodium urate crystals in the body. High levels of uric acid in the blood can cause *gout* which results in pain in the joints. *Gout* can be relieved by pharmacological and non-pharmacological therapy. One of the non-pharmacological management for pain management *gout* is complementary therapy, namely therapy that is natural medicine, which includes using warm ginger compress therapy and warm lemon grass compresses. This compress can reduce joint pain and inflammation in the presence of essential oils contained in ginger and lemongrass. Information about pain management therapy can be packaged through the media *booklet*. *Booklet* is a medium for conveying health messages in the form of a book containing writing or pictures in detail and clearly. In addition, *booklets* are easier to use and easy to read in various situations. **Objective** : Increase insight or knowledge about pain management *gout* so that people can apply it independently and make it easier for people to understand the material, because the booklet is packaged clearly and attractively. **Conclusion** : *booklet* pain management *gout* This was created to increase knowledge about exercise *dysmenorrhea* as a non-pharmacological therapy that can be done independently.

Keywords : *Gout*; *Gout* pain; Ginger Warm Compress; Warm Lemongrass Compress; *Booklet*

