

SUMMARY / CONCLUSION

Laras Meylawati	Dosen Pembimbing
NIM C2016080	Mursudarinah, <u>SKM., M.Kes</u>
Program Sarjana Keperawatan	Irma Mustika Sari, S. Kep., Ns., M. Kep
ERGONOMIC EXERCISE METHODS TO REDUCE URIC ACID PAIN	
SUMMARY / CONCLUSION	
<p>Background: elderly who experience gout pain accompanied by signs of gout are given education on non-pharmacological therapies using ergonomic exercise. Purpose: to provide understanding and make it easier for the elderly to understand how to do ergonomic exercise to reduce gout pain. Method: Using the output of the booklet entitled "Ergonomic Exercise Methods to Reduce Uric Acid Pain". Conclusion: The booklet contains steps for ergonomic exercise for sufferers of gout pain and contains the success factors of ergonomic exercise.</p>	
<p>Keywords: <i>Gout Pain, Non Pharmacological Treatment</i></p>	