

## WARM LEMONGRASS COMPRESS TO REDUCE PAIN RHEUMATOID ARTHRITIS

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### SUMMARY

**Background;** *Rheumatoid arthritis* is a widespread disease involving all racial and ethnic groups in the world. Giving a compress of warm lemongrass water is done to reduce pain. A compress boiled warm lemon water serves to treat or reduce pain, where heat relieves ischemia by decreasing muscle contraction and blood vessels so that it can relieve pain by reducing tension and increasing blood flow to the joints.

Information about the importance of compresses boiled warm lemon water for pain reduction rheumatoid arthritis can be socialized through the media. One of them is the poster media. **Aim;** Posters can be used as a medium for health education and information to the public, especially sufferers rheumatoid arthritis in order to know and apply a compress of warm lemongrass cooking water to reduce *rheumatoid arthritis* pain.

**External description;** The theme of this poster is a method of compressing warm lemongrass water to reduce rheumatoid arthritis pain and is created using a computer application software with a minimum resolution of 300 dpi. **Conclusion;** Warm lemongrass compresses can be used to reduce *rheumatoid arthritis* pain and posters of warm lemongrass stew compresses to reduce rheumatic pain can be used as a medium of education, communication, and information.

**keywords** : Warm lemongrass compress, Rheumatoid Arthritis, poster.