

**RED GINGER WARM COMPRESS TO REDUCE THE SCALE OF
REUMATOID ARTRITICAL PAIN IN LANS**

Dea Listyani Larasti

*Diploma III Nursing Study Program, Faculty of Health Sciences
Surakarta 'Aisyiyah University
Email: dealistyani@gmail.com*

ESSENCE

Rheumatoid arthritis is an autoimmune disease in which the joints (usually the hands and feet) become inflamed, resulting in swelling, pain and often damage to the inside of the joints. Based on data from Basic Health Research (Riskesdas) in 2018, rheumatoid arthritis is one of the highest non-communicable diseases suffered by Indonesians who are more than 15 years old. In the elderly, the synovial fluid in the joints begins to decrease so that when the movement occurs there will be friction on the painful bones. Effective management of pain that can be done in the elderly, one of which is by means of non-pharmacological therapy, warm compresses of red ginger, red ginger itself has a higher content of essential oils than normal ginger, one of which is the gingerol content which is able to provide a hot spicy taste and works directly to the central nerve which will trigger the release of endorphins and cause vasodilation so that blood flow to the joints becomes smooth and will block pain transmission. The delivery of information on how to warm red ginger compress will be more effective if it is conveyed via video media so that the elderly are easier to understand.

Keywords : *Red ginger warm compresses, Rheumatoid Arthritis, Pain, Videos.*