

THE TREATMENT OF GOUT ARTHRITIS PAIN WITH WARM LEMONGRASS WATER COMPRESSION METHOD THROUGH VIDEO MEDIA

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SUMMARY

Background : One of the health problems that often occurs in the elderly is gout arthritis. Patients who experience this pain will have decrease in their quality of life such as experiencing impaired physical mobility, sleep disturbances, and even impaired social interaction. One of the non-pharmacological therapies to reduce this pain is by compressing warm lemongrass water. The efficacy of the lemongrass plant is it contain essentials oil that have a spicy and warm taste which functions as anti-inflammatory, overcoming pain and improving blood circulation. Gout Arthritis in Indonesia ranks first in Southeast Asia with 665,745 (0.27%) out of 238,452,952 people. In 2013 the incidence of gout arthritis based on the diagnosis of health workers was 11.9%, while based on the diagnosis it was 24.7%. **Method** : Media that can be used to convey information about reducing pain with warm lemongrass water compress therapy is video. **Results** : KIE media in a video entitled *The Treatment of Gout Arthritis Pain with Warm Lemongrass Water Compress Method Through Video Media*. **Conclusion** : This video can provide knowledge about warm lemongrass water compress method to reduce pain for people who have gout arthritis.

Keywords: *Gout Arthritis, warm Lemongrass water Compress, Video*

