

EDUCATION OF THE APPLICATION OF RED GINGER WARM COMPRESS AS AN EFFORT TO REDUCE THE SCALE OF PAIN IN GOUT ARTHRITIS PATIENTS

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SUMMARY

Background: *The elderly are group at high risk experiencing health problems, one which is joint pain Gout Arthritis . Diseases that are often experienced due to degenerative processes, and high levels purines in the blood. Prevalence rate Gout Arthritis in the world reaches 335 million people . In Indonesia, number of Gout Arthritis disease reaches 56,394 people, on average they experience Gout Arthritis joint pain . Symptoms that often occur include, acute pain, swelling, heat and stiffness in joints. Handling with a warm compress red ginger as a non-pharmacological therapy can be used because of Oleoresin contentginger plays an important role in reducing gouty arthritis pain .* **Objective:** *Knowing the making Information and Education Communication (IEC) media regarding red ginger warm compresses as promotional medium for efforts to reduce when pain in people with Gout Arthritis.* **Methods:** *The media used was the IEC media in form of posters as a promotional media containing education on reducing scale of Gout arthritis joint pain using a warm red ginger compress.* **Result:** *This poster printed media can be installed in places that are considered strategic, such as health centers, schools, markets and other crowded places.* **Conclusion:** *As a media for promoting education and information for the public, especially people with Gout Arthritis, related to warm red ginger compresses in dealing with joint pain.*

Keywords : *Warm Red Ginger Compress, Pain, Gout Arthritis*