

**GINGER WARM COMPRESS AS AN REDUCING  
PAIN IN GOUT ARTHRITIS SUFFERERS  
THROUGH BOOKLET MEDIA**

Nur Giyanti

[nurgiyanti611@gmail.com](mailto:nurgiyanti611@gmail.com)

'Aisyiyah University Surakarta

**SUMMARY**

**Background :** Gout Arthritis or commonly referred to as gout is considered a disease that is generally recognized by ordinary people. If excessive (hyperuricemia) or deficiency (hypourisemia) uric acid levels in the blood plasma will be an indication of disease in the human body. Prevalence in Indonesia, people with Gout Arthritis by age are 45-54 years old, amounting to 11.1%, 55-64 years old 15.5%, 65-74 years old 18.6%, and 75 years or more, namely reaching 18.9%. The aim of the educational action to reduce pain with warm ginger compresses for people with Gout Arthritis through the media of this booklet is to increase the knowledge of people with Gout Arthritis that warm ginger compresses can be used to reduce pain experienced by Gout Arthritis sufferers.

**Method :** Using Microsoft Word media to create a Booklet design. **Result :** Scientific project work in the form of booklets. **Conclusion :** Booklets can be used with the aim of increasing knowledge and providing more specific information. It can be concluded that this booklet media can provide information to increase knowledge about reducing Gout Arthritis pain with the ginger warm compress technique.

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