

**EFFORTS TO IMPROVE KNOWLEDGE ABOUT GIVING SWEET WOOD
COMPRESS TO REDUCING PAIN SCALE IN GOUT ARTHRITIS
PATIENTS WITH VIDEO MEDIA**

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SUMMARY

Background; *The prevalence of gout in the world according to the World Health Organization (2018) in Ndede et al (2019) has increased by 1370 (33.3%). Based on the results of a study in Indonesia in 2018 the prevalence of experiencing or suffering from gout based on age is 45-54 years and based on diagnosis is 11.1%, age 55-64 years based on diagnosis is 15.5%, age 65-74 years based on the diagnosis that is 18.6% and the age of 75 years or more which reaches 18.9% (Risksedas, 2018). One of the non-pharmacological treatments that can reduce the pain of gouty arthritis is cinnamon compresses. **Method;** *The method used is by compressing the joint area using cinnamon for 10 minutes to reduce the pain scale, this method is expected to increase the knowledge of people who experience pain due to gouty arthritis through health education with video media. **Results;** *The output produced is in the form of a video with the title "Giving Cinnamon Compresses to Reduce Pain in Patients with Gouty Arthritis". **Conclusion;** *Cinnamon compresses can be used to reduce pain in patients with Arthritis Gout and the use of video media can provide information that is easy to understand and apply to people with Arthritis Gout.****

Keywords: *Arthritis, Gout, Pain, Wood, Sweet, Video*

