

# WARM GINGER COMPRESS AS AN EFFORT TO REDUCE URIC ACID PAIN IN ELDERLY PEOPLE WITH BOOKLET MEDIA

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## SUMMARY

**Background:** Gout is a public health problem worldwide and most commonly affects the elderly. This is because with increasing age, the physiological function of the body decreases, so that non-communicable diseases can attack the elderly at any time and cause complications. One of the diseases that can attack is gout which has symptoms of pain, swelling and redness. One of the efforts to reduce gout pain is by using warm ginger compresses. Warm ginger compresses are beneficial for blood circulation and can reduce gout pain. The media used is booklet. **Purpose:** To provide information and insight to the public, especially patients with gout as an effort to reduce gout pain. **Methods:** The method used is to apply warm ginger compresses to reduce pain in the form of booklets that can be applied by gout sufferers. **Results:** Media booklets can provide information and knowledge to the public, especially gout sufferers and the general public about warm ginger compresses.

**Keywords:** Elderly, Gout, Pain, Ginger