

**APPLICATION OF WARM MORINGA LEAF COMPRESSES
FOR GOUT PAIN ELDERLY IN
PUCANGSAWIT VILLAGE**

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ABSTRACT

Background: The elderly are more likely to suffer from gout with symptoms of pain and swelling in the joints. Pain that is not handled properly can trigger a prolonged stress response, which will reduce the body's resistance. One non-pharmacological therapy that can be given to gout sufferers is a warm compress from Moringa leaves. Warm compresses from Moringa leaves are a technique for applying compresses to joint areas that experience pain due to gout. **Objective:** To determine the results of differences in pain intensity before and after applying a warm Moringa leaf compress to Lanisa. **Method:** This research used a descriptive research design with a case study approach on 2 respondents in Pucangsawit Village, Jebres, Surakarta who experienced joint pain due to gout, carried out once every morning for 3 consecutive days within 20 minutes. **Results:** there was a decrease in the intensity of gout pain after giving therapy to Mrs. Y from a pain scale of 6 to a pain scale of 3 and in Mrs. M from a pain scale of 5 to a pain scale of 2. **Conclusion:** the application showed that after applying a warm compress on Moringa leaves there was a change in the intensity of pain in both respondents.

Keywords: Elderly, Gout, Pain, Warm Compress, Moringa Leaves.