

**EDUCATION ON GIVING COLD PACKS TO REDUCE PAIN INTENSITY
POST FRACTURE OPERATION THROUGH VIDEO MEDIA**

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SUMMARY

Background: *A fracture is a broken bone caused by trauma or physical force. Fractures can cause physical or psychological disorders in a person, which can cause pain. Pain management includes pharmacological and non-pharmacological therapy. To overcome this pain, non-pharmacological pain management can be carried out. Cold compresses can relieve pain. The benefit of cold compresses is that they reduce prostaglandins which increase the sensitivity of pain receptors and other substances at the wound site by inhibiting the inflammatory process.*

Objective: *This final assignment aims to provide the public, especially fracture sufferers, with a medium to apply cold pack therapy independently and regularly with the information that has been conveyed or explained in the video.*

Method: *distributing educational media through video media with the title "Procedures for Using Cold Packs to Reduce Fracture Pain".*

Results: *This educational media in the form of videos is easy to understand, can be done independently at home according to the steps that have been explained and is easily accessible in general.*

Conclusion: *The development of educational video media can be understood easily and can be generally accessed by the public.*

Keywords: *Education, Fracture, Pain, Cold pack, Video*