

EDUCATIONAL MEDIA POCKET WARM COMPRESSES AS AN EFFORT TO OVERCOME BACK PAIN IN 3RD TRIMESTER PREGNANT WOMEN

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SUMMARY

Background: *One of the discomforts in third trimester pregnant women is back pain. Warm compresses can be a non-pharmacological management effort to treat back pain in third trimester pregnant women. The heat resulting from a warm compress can cause dilation and physiological changes, so that blood circulation can improve. The method for a warm compress is to measure the temperature of the water with a thermometer, pour the water into a bottle or wet a cloth, then attach the warm bottle or cloth to the body to be compressed for 20 minutes.* **Method:** *Using a description of the outcome of a pocket book with the theme "Educational Media. Warm Compress Pocket Book as an Effort to Overcome Back Pain in Pregnant Women in the Third Trimester" was created using the Canva software application with a size of 10x13 cm.* **Results:** *Pocket book entitled "The Benefits of Warm Compresses for Overcoming Back Pain in Third Trimester Pregnant Women.* **Conclusion:** *Provides a source of knowledge regarding non-pharmacological management of warm compresses in overcoming discomfort during the third trimester of pregnancy*

Keywords: *Warm compress, third trimester pregnant women, back pain.*