

Warm Compress Education To Reduce Low Back Pain In Third Trimester Pregnant Women Through Booklet Media

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ABSTRACT

Background: *Back pain is an uncomfortable feeling caused by the growing uterus and weight gain which causes the muscles to work harder, so it can cause stress on muscles and joints. Even the pain will spread to the pelvis and will be difficult to walk and therefore need a walker. The purpose of this care is to reduce back pain in physiological third trimester pregnant women who have been given warm compresses. Care about the application of warm compresses to reduce back pain has been carried out at the Karanganyar Health Center for 5 physiological third trimester pregnant women for 3 days of visit. The results of after a warm compress before being compressed and after being warmed were as many as 3 people in the severe pain category, 2 people with moderate pain, then after being given a warm compress, the physiological backpain of pregnant women in the third trimester of pregnancy for 3 days decreased, namely 3 people in the mild category, 1 person in the moderate category, and 1 person in the no pain category. The conclusion of this care is that warm compresses can reduce back pain. Objectives used in communication, information and education are booklets. Methods : Output in the form of a booklet about how to influence warm water compresses for pregnant women in the third trimester with lower back pain. Results: This treatment is a warm compress that can reduce back pain*

Keywords: *Pregnant, Back Pain, Warm Compress*

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