

**APPLICATION OF WARM OF CINNAMON COMPRESS TOWARDS  
REDUCING THE PAIN SCALE OF GOUT PATIENTS  
ARTHRITIS IN THE WORKING AREA OF THE  
TEGUHAN PUBLIC CENTER**

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**ABSTRACT**

**Background :** According to the World Health Organization, the prevalence of gout arthritis reaches 34.2% and continues to increase each year. In Indonesia, the prevalence is 11.9%, predominantly affecting individuals aged  $\geq 75$  years (54.8%), and is more common in women (8.46%) than in men (6.13%). In East Java, the prevalence reaches 17%. If not properly managed, gout arthritis can cause severe joint pain. One non-pharmacological method to reduce pain is the application of warm cinnamon compresses. **Objective :** To describe the effect of warm cinnamon compresses on pain reduction in gout arthritis patients in the working area of Teguhan Health Center. **Methods :** This study used a case study approach by applying warm cinnamon compresses to reduce pain in gout arthritis patients. **Results :** After applying warm cinnamon compresses four times over six days, pain levels in Ny. T decreased from a scale of 6 to 2, and in Ny. S from 7 to 3. **Conclusion :** There was a reduction in pain scale before and after the application of warm cinnamon compresses.

**Keywords:** *Gout Arthritis, Cinnamon, Warm Compres, Pain*