

THE APPLICATION OF WARM RED GINGER COMPRESS TO REDUCE GOUT ARTHRITIS PAIN IN THE ELDERLY

Wahyu Ditya Nugraha¹, Hermawati²
wahyudityanugraha@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Indonesia is entering the ageing population phase, with the proportion of elderly reaching nearly 12% or approximately 29 million people in 2023, and it is projected to increase to 18.3% by 2040. Older adults are highly vulnerable to degenerative diseases such as gouty arthritis, which is characterized by joint inflammation due to the accumulation of uric acid crystals. In Indonesia, the prevalence of gouty arthritis reaches 35% and increases with age, with the highest rate found in the ≥ 75 age group (54.8%). This condition causes joint pain that interferes with daily activities and reduces the quality of life in the elderly. One safe and affordable non-pharmacological therapy is a warm compress using red ginger, which contains gingerol known for its anti-inflammatory and analgesic properties. **Objective:** To determine the effectiveness of warm red ginger compresses in reducing joint pain in elderly patients with gouty arthritis. **Method:** This research is a descriptive case study involving two elderly respondents diagnosed with gouty arthritis. The intervention consisted of applying a red ginger compress for 20 minutes each evening over six consecutive days. Pain intensity was measured using the Numeric Rating Scale (NRS). **Results:** Before the intervention, both respondents experienced moderate pain. After the intervention, pain intensity decreased to a mild level. **Conclusion:** The application of warm red ginger compresses is effective in reducing pain caused by gouty arthritis in the elderly and can serve as a simple, safe, and affordable complementary therapy.

Keywords: Arthritis gout, elderly, joint pain, red ginger, warm compress