

# WARM COMPRESS EDUCATION TO REDUCE PAIN IN GASTRITIS SUFFERERS USING A BOOKLET

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## SUMMERY

**Background:** Gastritis often occurs suddenly and can become chronic, leading to more complex health problems and affecting various body systems. According to prevalence reports on the most common inpatient and outpatient diseases in public hospitals (RSUD) and community health centers (Puskesmas) in DKI Jakarta, gastritis ranked third among the top ten diseases in both outpatient and inpatient cases across all Puskesmas and RSUD in DKI Jakarta in 2020, with 486,780 outpatient cases and 5,852 inpatient cases (Jakarta Provincial Health Office, 2020). **Objective:** This paper aims to develop an educational method using the booklet "*Warm Compress to Reduce Pain Scale in Gastritis Patients*" as a communication, information, and education tool for people with gastritis, in order to improve their knowledge and application of warm compress therapy. **Methods:** The booklet was developed through literature review, needs analysis, and the design of educational materials presented in a simple and engaging manner. Evaluation was carried out through a preliminary study and interviews with the community. **Results:** The developed booklet contains important information regarding the management of gastritis through warm compress application and dietary restrictions. This medium was found to be easy to understand and effective as a self-learning educational aid for the community. **Conclusion:** The warm compress booklet for reducing pain scale in gastritis patients has proven to increase public knowledge and awareness regarding the prevention and control of gastritis. This medium is expected to serve as a useful educational solution for the community, healthcare workers, and educational institutions.

**Keywords:** booklet, warm compress, gastritis, education