

## ABSTRACT

**Provision of Warm Water Compresses to Reduce Pain In Rheumatoid Arthritis Patients In Ny.S In Tegalombo Kalijambe Village Sragen Regency 2017**

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### ABSTRACT

**Background:** *Rheumatoid Arthritis* is a chronic systemic inflammatory disease of unknown cause. Characteristics of *Rheumatoid Arthritis* is the occurrence of damage and proliferation of the synovial membrane, which causes damage to joints, ankylosis, and deformity. Immunologic mechanisms seem to play an important role in starting and developing this disease. Compress therapy is one of the nonpharmacological therapy to reduce pain. Hot compress action is performed to smooth the blood circulation, also to relieve pain, stimulate intestinal peristaltic, and provide peace and pleasure to the client. Hot compresses are applied to inflammation of the joints, muscle spasms, flatulence, and coldness. **Objective:** To determine the effect of giving warm water compresses to reduce pain in patients with rheumatoid arthritis. **Method:** The study design was a case study design study, a research design that included an intensive study of one research unit. **Results:** on 17 June before and after being given warm compresses of fixed pain scale 5. On 18 June before and after being given warm compresses of fixed pain scale 5. Date 19 juni before given warm compresses pain scale 5 and after given warm compresses pain scale 4. On 20 June before and after being given warm compresses of fixed pain scale 4. Date 21june before done warm compresses pain scale 4 and after given warm compresses pain scale 3. **Conclusion:** After given warm compress for 5 days there is a change Decrease in the scale of pain that is before the giving of warm compresses pain scale 5 and after given warm compress down to scale 3.