

## ***ABSTRACT***

### **The Implementation of warm compress in Reducing pain scale of *Osteoarthritis* Diseasea in Joyotakan Village.**

*Osteoarthritis* is a systemic chronic inflammatory disease characterized by swelling and joint pain. Warm compress is giving a sense of warmth to clien by using liquid or tools that cause heat so that it can dilate blood vessels. This study aims to apply warm compress implementation in reducing pain scale of osteoarthritis disease. This research used observation method and interview on research subject. The prevalence of osteoarthritis in Central Java increased compare with non-infectious disease case as whole cases in 2007, the proportion of case was 17,34%. Pain scale measurement of client with NRS (0-10) is recorded before and after the measurement. The results showed that 1) before the application of warm compress the pain scale was 6 (medium pain scale) 2) after the application of warm compress the pain scale is 3 (low pain scale) 3) it shows before and after scale from 6 to 3 with average 4,8 in before and 3,72 in after that means there is an influence of warm compress in reducing pain scale of Oa patient. A sense of warmth causes blood-stream increase and supply of nutrients into the cartilage tissue that keeps the cartilage tissue layer in the pain well preserved and does not press the surrounding nerves so that pain scale is decreased. It can be concluded that warm compress can be used as non-pharmacologic therapy in reducing pain scale of OA disease.

*Keywords: Warm Compress, Joints Pain, Osteoarthritis(OA).*