

# RED GINGER COMPRESS AGAINST OSTEOARTRITIS PAIN SCALE REDUCTION IN THE ELDERLY

Ria Triastuti, Sri Hartutik, Erika Dewi Noorratri

[riatriastuti11@gmail.com](mailto:riatriastuti11@gmail.com)

Faculty of Health Science

Universitas 'Aisyiyah Surakarta

## ESSENSE

**Background :** Osteoarthritis pain is an unpleasant experience associated with joint the disease due to degenerative process as well as inflammation of joint cartilage. The sign is pain, stiffness, and lost body function. According of the study compress red ginger has an effect on reducing the osteoarthritis in the elderly. The *oleoresin* content of ginger such as *zingeron*, *gingerol*, and *shogaol* plays an important role in reducing osteoarthritis pain because it produces warm, spicy, bitter, and aromatic properties, therefore red ginger compress can be used as an alternative to reduce osteoarthritis pain. Information about red ginger compress can be socialized in various ways. One of them is a poster. **Purpose :** To inform the public that a red ginger compress can help reduce osteoarthritis pain. **Produce Description :** The theme of this Poster is Health and was made using a *Microsoft Word 2007* computer with a size of 80 x 60 cm. **Conclusions :** Red ginger can be used as an alternative to reduce osteoarthritis pain because it contains higher oleoresin than other ginger and this poster red ginger compress can be used as education, communication, and information.

Keywords : Osteoarthritis Pain, Red Ginger Compress