

WARM LEMONGRASS COMPRESS TO RELIEVE RHEUMATOID ARTHRITIS PAIN IN THE ELDERLY

Chika Tri Astuti

Chikatriastuti.aisyiyah@gmail.com

Aiska University

SUMMARY

Background ; One of the most common health problems among the elderly is Rheumatoid Arthritis. The prevalence of Rheumatoid Arthritis in Indonesia reaches 7.30% of its total population of 713,783 people. Patients experiencing pain will have decreased life quality in the form of sleep disturbance due to physical discomfort, resulting in reduced hours of sleep. One of the non-pharmacological therapies to relieve pain is using warm lemongrass compress. The efficacy of lemongrass plant is that it contains essential oils with hot and spicy sensation acting as anti-inflammatory, relieving pain, and improving blood circulation. **Method** ; Adobe Premiere Pro application was used to edit the output in the form of video. **Result** ; This final project is a video about "Warm Lemongrass Compress to Relieve Rheumatoid Arthritis Pain in the Elderly". **Conclusion** ; The video about warm lemongrass compress is useful for the elderly with Rheumatoid Arthritis. Using the video, it will be easier for the elderly to apply warm lemongrass compress to relieve their Rheumatoid Arthritis pain.

Keywords: Rheumatoid Arthritis, Warm Lemongrass Compress, the Elderly