

**APPLICATION OF GINGER COMPRESS AS AN EFFORT TO
REDUCE PAIN IN GOUT SUFFERERS
THROUGH BOOKLET MEDIA**

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SUMMARY

Background: Gout arthritis, better known as gout, is an infectious disease in the joints that can be caused by excess uric acid levels in the body, usually symptoms such as pain, but will develop rapidly within a few hours and severe pain, swelling, burning sensation, and appear reddish color on the skin joints. Ginger compress can reduce pain so that it can reduce the pain he is suffering, ginger compress is an action to reduce pain in joint patients, because ginger contains gingerol which makes him feel warm. **Method:** The type of media used is a media booklet with the title "application of ginger compress as an effort to reduce pain in gout sufferers". **Result:** One of the media that can be used in providing information is a media booklet. Media booklets can be used with the aim of increasing knowledge, because they contain clear and interesting information. **Conclusion:** Booklet media is a medium for delivering information in the form of books, writings and pictures. The ginger compress booklet as an effort to reduce joint pain can be used as first aid when you feel joint pain before being taken to a health clinic.

Keywords : Gout, Ginger, Compress Therapy, Booklet.