

WARM COMPRESSES TO REDUCE REMATIC PAIN IN LANS WITH VIDEO MEDIA

Dita Ayu Yolanda

Diploma III Nursing Study Program, Faculty of Health

'Aisyiyah University Surakarta

Email: ditaayuu13@gmail.com

SUMMARY

Background: In 2014, the number of elderly people in Indonesia was around 18,781 people with the life expectancy in Indonesia increasing from 68.6 in 2014 to 70.8 in 2015. In 2035 it is estimated to increase again to 72.2. Musculoskeletal disorders such as arthritis and bone disorders are problems that often occur in the elderly because they affect activities in the elderly. In Indonesia 2007-2013 at the age of 15 years there were 30.3% in 2007 and decreased in 2013 to 24.7%, while rheumatism sufferers in Indonesia often occur in women with a proportion of 34%. The American College of Rheumatology speaks, the management of rheumatism is not only with pharmacological therapy, but also non-pharmacological therapy and surgery. Non-pharmacological therapy that can be done to reduce rheumatic pain is by means of warm or cold compresses, relaxation and rest techniques. **Method:** using video media to make it easier for the elderly to understand the warm compress method **Result:** Output in the form of video media about the action of warm compresses as an accurate way to reduce pain in elderly people with rheumatism as an effort to increase public insight **Conclusion:** Video media can provide information about warm compresses to reduce pain in elderly people with rheumatism.

Keywords: *Elderly, Rheumatism, Warm Compress*