

EDUCATION FOR SIRSAK LEAVES

REDUCE GOUT WITH

THE MEDIA BOOKLET

Jecklin Novalinda. E. A

jecklin90.novalinda@gmail.com

Undergraduate Nursing Study Program, Faculty of Health Sciences,
University of 'Aisyiyah Surakarta

SUMMARY

Background; ; Based on data from the World Health Organization (WHO) (2017) 26.3% of the total population. The increasing incidence of gout arthritis does not only occur in developed countries. However, an increase has also occurred in developing countries, one of which is in Indonesia. The results Riskesdas noted that the prevalence of joint disease in Indonesia was based on doctor diagnosis interviews (7.3%). Along with increasing age, the prevalence of doctor diagnosed by age was higher at > 75 years (18.9%). The prevalence based on age being diagnosed by a doctor was higher in women (8.5%) than in men (6.1%). Attacks of gout are usually sudden or acute, mostly appearing at night. Joint inflammation in gout can occur in all joints of the body causing swelling, the joints feel hot and painful. **Method;** causes swelling, the joint feels hot and painful. Method; The output method of the booklet "reduce uric acid (gout) with soursop leaves" was chosen as a medium of communication in providing health information to people with gout (gout). **Result;** The output is in the form of a booklet with the title "herbal plant education to reduce uric acid levels in gout sufferers" with the aim of increasing more specific knowledge and information. **Simplicity;** Booklet media can provide information to increase public knowledge about alternative herbal medicinal plants for gout sufferers.

Keywords: Gout, education, booklet.

