

A WARM COMPRESS METHOD TO DECREASE THE SCALE OF OSTEOATHRITIS PAIN ON ELDERLY

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SUMMARY

Background : Warm compress is giving the warmth sensation on 46 degrees Celcius in purpose to relaxes the muscles, decrease the pain and will going on for 10-20 minutes. Osteoarthritis is a kind of chronically joint disease which was indicated by the deterioration on cartilage of the joint and the other bones around, which could cause a rheumatism and a tension. There are 335 million people with osteoarthritis in the world, in Indonesia, osteoarthritis has increased to 36.4 million people or (7.3%), in Central Java there are approximately 96 thousand people with osteoarthritis, and an estimated 15.8 million (12%) people adults between the ages of 25-74 years have complaints of osteoarthritis. **Method** : The importance of giving a warm compress is to decrease the rheumatism on elderly and giving steps about how to efficiently decrease the osteoarthritis pain with warm compress by booklet media. **Results** : One of the medias which can be used is booklet media. The booklet is contented by the materials which represented on handwriting and pictures by its own. To the reader who are less understanding about the warm compress are able to observe pictures of the moves of warm compress and be able to imitate it directly. **Conclusion** : Booklet media can be the alternative education media about warm compress method in case to decrease the osteoarthritis rheumatism scale on the elderly.

Keywords : *Warm Compress, Osteoarthritis, Booklet*