

**DECOCTION OF SOURSOP LEAVES IN AN EFFORT TO LOWER
PAIN GOUT ARTHRITIS THROUGH MEDIA BOOKLET**

Nurul Muslimah

*Bachelor of Nursing Study Program, Faculty of Health Sciences
University of 'Aisyiyah Surakarta
Email : nurulmslmah@gmail.com*

SUMMARY

Background: Gout Arthritis or commonly referred to as gout is a joint disorder or rheumatism. This disease is a chronic non-communicable disease which means it can last for years or a lifetime. Generally, gout can interfere with the sufferer's daily activities. Patients with advanced gout will experience arthritis that comes on very quickly in a short time. The highest number of gout sufferers in Indonesia was in Bali, which reached 19,3%. Soursop leaf decoction has several ingredients in it that can reduce pain, namely tannin, resin and crystallizable mogostine compounds that can treat joint pain in gout and function as a strong analgesic (pain reliever) and act as an antioxidant. Boiling soursop leaves can be done 2 times a day, namely in the morning and evening to drink it. **Method:** Make use of the Microsoft Word application to create booklet designs. **Result:** One of the media that can be used in providing information is a booklet. Booklets can be used with the aim of increasing knowledge, because booklets provide more specific information. **Conclusion:** It can be concluded that the booklet media can provide information to increase knowledge about boiling soursop leaves as an effort to reduce Gout Arthritis pain in the elderly.

Keywords : Gout Arthritis, Soursop Leaves, Booklet