

ABSTRACT

EDUCATION OF SWEET WOOD WARM COMPRESSION ON PAIN REDUCTION IN PATIENTS WITH GOUT ARTHRITIS (URIC ACID)

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Background; Gout arthritis does not only affect the elderly, but gout arthritis can affect both adolescents and adults. Gout arthritis occurs around the joints by forming monosodium urate which can cause pain. Non pharmacological therapy that can be used to reduce pain in people with arthritis gout is warm cinnamon compresses because the essential oil on cinnamon bark contains eugenol, where eugenol has a very hot and spicy taste so it can open the skin pores. So that pain can be reduced by compressing cinnamon with warm water. **Method;** Making the booklet begins with collecting and reading some literature related to pain management. Drafting booklets using the CorelDraw x5 computer application. **Result:** The output in the form of a booklet for Pain Management in Gout Arthritis Patients (Gout) Using the cinnamon warm compress method is expected to be used and applied by people suffering from arthritis gout. **Conclusion;** The booklet media entitled "Pain Management in Patients with Gout Arthritis (Uric Acid) Using the Cinnamon Warm Compress Method" was arranged in an interesting manner and applied by the community, especially for people with arthritis gout.

Keywords: Gout Arthritis, Pain, Cinnamon, Booklet