

***RHEUMATIC EXERCISE EDUCATION AS AN EFFORT TO REDUCE THE
INTENSITY OF JOINT PAIN IN ELDERLY PATIENTS
OSTEOARTHRITIS THROUGH VIDEO***

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SUMMARY

Background: Elderly is a natural aging process and will experience various setbacks, one of which is the joints. Changes in the joint system related to elderly joints, namely osteoarthritis. According to the world health organization World Health Organization (WHO, 2023), around 528 million people worldwide suffer from osteoarthritis, an increase of 113% since 1990. The results of Basic Health Research (RISKESDAS) in 2018 stated that the prevalence of joint disease based on doctor's diagnosis in Indonesia was 7.3% while in Central Java it is 6.3%. Osteoarthritis can be treated using pharmacological and non-pharmacological methods. One example of non-pharmacological management is rheumatic exercises. ***Objective:*** To find out about the creation of Communication, Information and Education (KIE) media regarding rheumatic exercise as a promotive media to reduce pain in elderly people suffering from osteoarthritis. ***Method:*** The method used uses IEC media in the form of videos as promotional media which contains the meaning, benefits and movements of rheumatic exercises to reduce joint pain. ***Results:*** IEC media in the form of videos can be distributed directly to elderly posyandu cadres and on social media. ***Conclusion:*** As a media for Promotion, Information and Education for the public, especially the elderly regarding exercise in reducing joint pain.

Keywords: Elderly, Pain, Osteoarthritis, Rheumatic Exercise