

EDUCATION ON THE PROVISION OF WARM COMPRESSES AS  
AN EFFORT TO REDUCE MENSTRUAL PAIN IN ADOLESCENTS  
THROUGH POCKET BOOK MEDIA

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SUMMARY

Background: Menstruation can cause significant disruption for women. Menstrual disorders that often occur in most women are dysmenorrhea. Dysmenorrhea is a discomfort in the lower abdomen before and during menstruation. Dysmenorrhea occurs due to excessive Prostaglandin release resulting in increased uterine contractions resulting in pain during menstruation. Giving warm compresses is one of the independent actions, where the warm effect of warm compresses causes vasodilation in blood vessels which will increase blood flow to the tissue, the distribution of acidic zar and food to cells is enlarged and the removal of repaired substances that can reduce primary menstrual pain caused by insufficient blood supply to the endometrium. Methods: Using a pocket book output description with a theme entitled "Pocket Book Educational Media About Reducing Menstrual Pain Using Warm Compresses" made using a canva software application with a size of 10 x 13 cm. Results: A pocket book entitled "Reducing Menstrual Pain Using Warm Compresses. Conclusion: This pocket book can provide a source of knowledge to the community.

Keywords: Menstruation, Dysmenorrhea, Menstrual Pain, Warm Compression