

***APPLICATION OF MORINGA LEAF WARM COMPRESS ON
GOUT PAIN IN THE ELDERLY IN NGARU ARU VILLAGE***

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ABSTRACT

Background: Uric acid disease often occurs in the elderly due to impaired purine metabolism which causes pain in the joints. One of the nonpharmacological therapies that can be done to reduce pain is a warm compress of moringa leaves, which contains flavonoids with anti-inflammatory and analgesic effects. Objective: Knowing the results of differences in pain intensity before and after the application of warm compresses of moringa leaves in the elderly. Methods: This study used a descriptive research design with a case study approach on 2 respondents in Ngaru Aru Village, Banyudono, Boyolali who experienced joint pain due to gout, carried out once every morning for 3 consecutive days within 20 minutes. Results: There was a decrease in the intensity of gout pain after giving therapy to Mrs. M from a pain scale of 6 to a pain scale of 3 and to Mrs. S from a pain scale of 5 to a pain scale of 2. Conclusion: The application shows that after a warm compress of moringa leaves there is a change in the intensity of pain in both respondents.

Keywords: Uric Acid, Moringa Leaf Warm Compress, Elderly, Pain