

EDUCATION ON THE PROVISION OF WARM COMPRESSES OF LEMONGRASS WATER DECOCTION TO REDUCE THE INTENSITY OF RHEUMATOID ARTHRITIS PAIN IN THE ELDERLY THROUGH THE BOOKLET MEDIA

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ABSTRACT

Background; *Rheumatoid Arthritis* is one of the diseases that are often found in the elderly, characterized by pain symptoms that result in inflammation, inflammation, stiffness, swelling, and pain in the joints and must be found a solution because if left unchecked, it will interfere with the activities of the elderly. The management of Rheumatoid Arthritis is not only carried out with pharmacological therapy but also with a non-pharmacological approach, namely with warm compresses of lemongrass water decoction. **Purpose;** Compiling educational media in the form of lemongrass water boiling booklets for the elderly *with Rheumatoid Arthritis* as an effort to overcome pain. **Method;** The method used is the development of Communication, Information, and Education (KIE) media in the form of *booklets* containing definitions, signs and symptoms, and procedures. **Result;** The output in the form of *a booklet* entitled "Let's overcome *Rheumatoid Arthritis* with lemongrass compresses" with *a booklet size* of 14.8x21 cm as many as 19 sheets has been tested on 3 respondents with the results of the booklet being very useful. **Conclusion;** *The booklet* entitled "Let's overcome *Rheumatoid Arthritis* with lemongrass compresses" can be used as an educational medium to improve the knowledge and skills of the elderly.

Keywords : *Rheumatoid Arthritis, Elderly, lemongrass compress*