

**EFFORTS TO INCREASE KNOWLEDGE ABOUT ERGONOMIC
EXERCISE IN THE ELDERLY WITH GOUTY ARTHRITIS
THROUGH VIDEO MEDIA**

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ABSTRACT

Background : *Gout Arthritis is a chronic disease that cannot be completely cured, but can be controlled by taking medication regularly and adjusting diet. Gout disease is mostly experienced by metabolic conditions in the elderly, where the body has difficulty in breaking down and excreting purines, which then turn into uric acid. When uric acid levels in the blood rise, uric acid crystals begin to accumulate in the joints, causing inflammation and pain.* **Objective :** *Produce video media with the title Gout Arthritis? Dont Worry! Ergonomic Exercise for the elderly, is a healthy and easy solution to develop learning media for the elderly, namely with educational media about Ergonomic Exercise, the stage.* **Methods :** *In making video media begins with searching for materials based on relevant sources and then edited using the Capcut application with the process of video editing and adding images and appropriate short video after that the media is tested to ensure that the contents of the video is worthy as an educational media,* **Result :** *KIE media in the form of a video that contains information about Gout Arthritis and Ergonomic Exercise accompanied by pictures and short video that support the material and video edited through the Capcut application.* **Conclusion :** *This video media has been tested on 3 respondents with a number of slides, namely 13 slides, which stated that this video media is suitable for as an educational media about Gout Arthritis and Ergonomic Exercise.*

Keyword : *Gout Arthritis, Elderly, Ergonomic Exercise*