

**EFFORTS TO IMPROVE ELDERLY KNOWLEDGE ABOUT WARM RED GINGER
COMPRESS TO REDUCE GOUT PAIN
THROUGH VIDEO MEDIA**

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Summary

Background: Elderly individuals are an age group vulnerable to various degenerative diseases, one of which is gout arthritis, which can cause severe joint pain and interfere with daily activities. One non-pharmacological therapy that can be used to reduce such pain is warm red ginger compresses, which have natural anti-inflammatory and analgesic effects. **Objective:** This study aims to improve elderly knowledge regarding the benefits and procedures of warm red ginger compresses through educational video media. **Methods:** The educational media was developed in the form of a Communication, Information, and Education (CIE) video containing explanations of elderly health, gout arthritis, the benefits of red ginger, indications and contraindications, and step-by-step instructions for preparing and applying warm red ginger compresses. The video was structured narratively using simple language and clear visuals. **Results:** The resulting 3 minute 80 second educational video with a size of 269 MB is expected to help elderly individuals independently understand and apply the procedure at home as a complementary therapy to reduce joint pain caused by gout. **Conclusion:** The use of educational video media about warm red ginger compresses is an effective method to increase elderly knowledge regarding non-pharmacological care for gout-related joint pain. **Keywords:** Elderly, Gout Arthritis, Warm Red Ginger Compress, Video Media, Health Education