

## **The Application Warm Lemograss Compress About Rheumatoid Arthritis Pain In The Ngoresan, Surakarta**

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### **ABSTRACT**

**Background Of Study :** RA (rheumatoid arthritis) is a disease of chronic systemic inflammation characterized by swelling and joint pain. RA (rheumatoid arthritis) can affect any joint pain. AR (arthritis rheumatoid) can affect any joint in the body, the joint of small bones in the hands and feet are the most influential. RA (rheumatoid arthritis) causes pain or stiffness of prolonged (lasting more than 30 minutes) in the morning especially when the weather is cold or after a long break. Warm lemongrass compress one of nonpharmacological application which can reduce the arthritis rheumatoid pain compress using warm lemongrass. **The Purpose Of The Research:** the study aims to know the different warm lemongrass compress to decrease the intensity of pain in the elderly rheumatoid arthritis. **The Method The Research:** the study used an experimental method of one group- pretest-posttest design using a sampling of as a respondent. The respondent is a warm lemongrass compress without  $\pm$  15 minutes in the morning and then observed pain with sheet of observation. **The Result Of The Study:** the result after given therapy warm lemongrass compress pain becomes two. **The Conclusion Of The Study:** the conclusion rheumatoid arthritis pain intensity difference before and after warm lemongrass compress for the three days in the morning. There are three derivation the scale of pain intensity to respondent. **The Suggestion:** the suggestion for the therapeutic application warm lemongrass compress be applied pain rheumatoid arthritis and another else, so the application of this can be therapy nonpharmacology a safe and easy to apply.

**Keywords:** lemongrass compress therapy, pain intensity, rheumatoid arthritis.