WARM COMPRESS APPLICATION AS AN EFFORTS TO REDUCE PAIN IN ELDERLY PEOPLE WITH GOUT ARTHRITIS THROUGH BOOKLET MEDIA

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SUMMARY

Background: *Gout arthritis is an inflammatory joint disease that often occurs in the elderly due to elevated uric acid levels. Pain is a major complaint that reduces the elderly's quality of life. Warm compresses are an effective non-pharmacological measure to reduce pain by increasing blood flow and relaxing muscles. The use of booklets as a means of IEC is expected to increase the understanding of the elderly and their families in self-management at home.* ***Objective:*** *To increase knowledge about giving warm compresses to reduce pain in the elderly with gout arthritis using booklet media.* ***Method:*** *The IEC method, a booklet titled "Warm Compresses: A Natural Solution for Reducing Gout Arthritis Pain," was created on A5-sized art paper and features 14 pages in white and light blue tones. This output was created using the Canva app.* ***Results:*** *The booklet, "Warm Compresses: A Natural Solution for Reducing Gout Arthritis Pain," features engaging images and a concise, easy-to-understand explanation of warm compresses, enhancing knowledge about home warm compresses. The results of the trial showed a positive response and increased interest in reading.* ***Conclusion:*** *Booklet media can provide information to the elderly and their families about warm compresses at home.*

Keywords: *Booklet, Elderly, Pain, Warm Compress*