WARM COMPRESS WITH BOILED GINGER AS AN EFFORT TO REDUCE KNEE JOINT PAIN OSTERIOARTHRITIS IN THE ELDERLY THROUGH VIDEO MEDIA

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SUMMARY

Background; *The aging process causes changes in the musculoskeletal system, one of which is knee joint pain, which is still frequently experienced by the elderly and can interfere with daily activities. Knee joint pain osteoarthritis is generally associated with degenerative processes and decreased joint function. The development of health education media is necessary to help the elderly understand how to manage knee joint pain independently. Video media was chosen because it is easy to understand and engaging for the elderly.* ***Objectives;*** *Producing educational media in the form of a video titled "Reduced Knee Joint Pain! Warm Compress with Boiled Ginger, a Natural & Easy Solution for the Elderly" as a means of conveying information about warm compresses with boiled ginger for the elderly.* ***Methods;*** *The method used was the creation of educational media in the form of a video. The stages of creation included compiling material based on literature studies, compiling a script (storyboard), creating a design, the video editing process, and testing the media with three respondents to obtain input for media refinement.* ***Results;*** *The resulting media is an educational video with a duration of 08 minutes 09 seconds with a file size of 410 MB presented with images, sound, and language that is easy for the elderly to understand.* ***Conclusion;*** *This activity produced educational media in the form of a video titled "Reduced Knee Joint Pain! Warm Compress with Boiled Ginger, a Natural & Easy Solution for the Elderly" which can be used as a means of conveying information about warm compresses with boiled ginger as a non-pharmacological approach to help reduce knee joint pain in the elderly.*

Keywords: *Ginger, Warm_Compress, Elderly, Joint_Pain, Osteoarthritis*