APPLICATION OF CINNAMON COMPRESS ON GOUT ARTHRITIS PAIN AMONG THE ELDERLY IN THE WORKING AREA OF GAMBIRSARI PUBLIC HEALTH CENTER, SURAKARTA CITY

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ABSTRACT

Background: *Gouty arthritis is a disease caused by purine metabolism disorders that lead to the accumulation of monosodium urate crystals in the joints, resulting in inflammation, swelling, and excruciating pain. One of the non-pharmacological therapies that can help reduce pain is the application of cinnamon compresses, which contain natural anti-inflammatory compounds. The purpose of this study was to describe the application of cinnamon compresses in reducing joint pain intensity among elderly patients with gouty arthritis in the working area of the Gambirsari Public Health Center, Surakarta.* ***Methods:*** *The research method used was applied research with a descriptive case study approach on two elderly patients with gouty arthritis experiencing joint pain. The intervention was administered for seven consecutive days, with a duration of a 20-minute compress once a day, and pain intensity was measured using the Numeric Rating Scale (NRS).* ***Results:*** *The results showed that both respondents experienced a decrease in pain intensity after the intervention; Mrs. T experienced a decrease from scale 7 (severe pain) to scale 4 (moderate pain), and Mrs. K experienced a decrease from scale 6 (moderate pain) to scale 3 (mild pain).* ***Conclusion:*** *Based on these results, it can be concluded that the application of cinnamon compresses is effective in helping to reduce joint pain intensity in elderly patients with gouty arthritis.*

Keywords: *Cinnamon, Gouty Arthritis, Pain*