THE USE OF WARM RED GINGER COMPRESSES FOR GOUT PAIN IN THE ELDERLY

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ABSTRACT

Background: Gout arthritis often affects the elderly due to a decline in organ function and the accumulation of monosodium urate crystals in the joints, which triggers inflammation and pain. Non-pharmacological management, such as warm red ginger compresses, is necessary because the active compounds gingerol and shogaol in red ginger have anti-inflammatory and analgesic effects that help relieve pain. **Objective** To describe the degree of reduction in joint pain intensity in elderly individuals with gout before and after the application of warm red ginger compresses**. Methods** This study used an applied case study design involving two elderly individuals with gout experiencing moderate pain. Pain intensity was measured using the Numeric Rating Scale (NRS). The red ginger warm compress intervention was administered for 15 minutes, once a day for 3 consecutive days. **Results** Before the intervention, the first participant (Mrs. S, 73 years old) had a pain score of 5 (moderate pain) and the second participant (Mr. G, 75 years old) had a pain score of 6 (moderate pain). After the 3-day intervention, both participants experienced a significant reduction in pain intensity to a score of 2 (mild pain), with a reduction of 3 and 4 points, respectively. **Conclusion** The application of a warm red ginger compress is effective in reducing joint pain intensity from moderate to mild in elderly individuals with gout.

Keywords : Gout, Red Ginger, Warm Compress, Elderly, Pain