

ABSTRACT

Yunisha Putri Amanda (2024). Application of Warm Compresses Boiled with Lemongrass Water to Reduce Rheumatoid Arthritis Pain in the elderly in the Melur Community Health Center Working Area. Case study scientific paper, DIII Nursing studi program, Riau Ministry of Health Polytechnic. Supervisor (I) Ns. Idayanti, S. Kep., S.Pd., M. Kes, (II) Hj. Ruserina, S.Pd., S.Kep., M.Kes.

Rheumatoid Arthritis (RA) or better known as rheumatism. Rheumatism is an autoimmune disease with chronic inflammation that attacks the musculoskeletal system and the body as a whole. Rheumatoid Arthritis disease, the symptom that is often complained of is joint pain. The technique that can be used is a warm compress boiled with lemongrass water. This technique is easy and simple for anyone to do. The aim of this study was to describe the reduction in rheumatic pain in the elderly before and after being given a warm compress boiled with lemongrass water in 2 subjects. The method used is descriptive case study research with 2 subjects. This research was conducted from 29 April – 2 May 2024 using interviews and instruments were provided, then the data was presented in narrative form. Applying warm compresses boiled with lemongrass water is carried out within 10 minutes for 4 days. The results of this case study showed a reduction in pain in subject 1, the results of an assessment with a scale of 6 to Scale 3. In subject 2, the results of an assessment with a Scale of 5 became a Scale 2. Suggestions that can be of benefit and provide information for the community at the Melur Community Health Center.

Keywords: Rheumatoid Arthritis, Rheumatism, Warm Compress, Lemongrass, Pain.