**APPLICATION OF WARM COMPRESSES TO REDUCE THE PAIN SCALE IN RHEUMATOID ARTHRITIS PATIENTS**

**IN CENTERS TRESNA WERDHA JAMBI CITY**

Debby Tri Putri \*, Betrianto \*\*, Tuti Aryani \*\*\*

Nursing D-III Study Program

Garuda Putih High School of Health Sciences Jambi

Email : [debbytriputri1@gmail.com](mailto:debbytriputri1@gmail.com)

**ABSTRACT**

Background: Rheumatoid Arthritis is a chronic autoimmune inflammatory disorder, in which a person's immune system can be disturbed and decreased which can cause destruction of the joint organs in the synovial lining, especially in the hands, feet and knees. Pain management can be done with pharmacological and non-pharmacological techniques, one of the non-pharmacological techniques is by applying warm compresses. With the warm compress technique, it further increases blood flow, reduces muscle spasms, reduces joint stiffness and provides a feeling of comfort/warmth and calm.

**Purpose:** To determine the decrease in pain scale in Rheumatoid Arthritis patients to the effect of warm compresses.

**Methods:** The research design used a descriptive method with 1 elderly respondent who met the inclusion and exclusion criteria using the case study method. This study used washcloths and Numeric Rating Scale (NRS) observation sheets**.**

**Results:** In this study, patients before being given a warm compress complained of pain in the moderate pain scale category, after being given a warm compress the patient said the pain was reduced in the mild category.

**Conclusion**: Based on the research conducted, it is proven that warm compresses can reduce the pain intensity scale in patients with Rheumatoid Arthritis in the elderly.

**Keywords:** Warm compresses, Rheumatoid Arthritis, reduce pain scale, in the elderly.