

## **ABSTRACT**

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*The difference of physical health level of patients with Gouty Arthritis before and after the treatment using red ginger and cinnamon at Kertapati Health Center Palembang.*

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**Background:** *The gouty arthritis is generated by a metabolic disorder that causes a buildup of purines in the joints. The gouty arthritis is characterized by inflammation of the joints, swelling, redness, and pain which can interfere with the physical health of people with gouty arthritis. The physical health with uncomfortable sensation can initiate several phenomena such as stiffness, pain, long-term and short-term pain. Several treatments which can be given to the patients with gouty arthritis are pharmacological therapy and non-pharmacological therapy. To be more specific in non-pharmacology therapy, wrapping the joints with red ginger and cinnamon can become an alternative treatment.*

**Research Purpose:** *The study aims to investigate the difference of physical health level of patients with gouty arthritis at Kertapati Health Center Palembang before and after being treated by wrapping using red ginger and cinnamon.*

**Method:** *This study is quantitative research with Quasi Experiment Method and Two groups pretest-post-test design. The total sampling technique is used to obtain the sample where there are 32 respondents join this study. After obtaining the data, all the data is statistically analyzed using bivariate analysis using the Wilcoxon test.*

**Result:** *The result shows that the average age of respondents is 56 years old with a majority of female patients as many as 22 respondents (68.8%). The pretest analysis confirms 17 respondents (53.1%) having poor physical health in both groups. After being treated, the post-test analysis obtains 21 respondents (65.6%) having good physical health. Furthermore, the statistical analysis using the Wilcoxon test support the result by obtaining the p-value of treating using red ginger and cinnamon of 0.001 and 0.002, respectively. It indicates that there is a significant difference in physical health of gouty arthritis before and after the treatment. The result shows that the treatment using red ginger and cinnamon can be used as*