

ABSTRAK

Judul : Analisis Asuhan Keperawatan Pada Pasien *Chronic Kidney Disease on Hemodialysis* Dengan Penerapan Intervensi *Virgin Coconut Oil* di Ruang Kemuning RSUD Tarakan DKI Jakarta.

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Program studi : Profesi Ners

Pasien gagal ginjal kronik yang menjalani hemodialisa mengalami gangguan integritas kulit seperti kulit terasa gatal, kulit kering dan bersisik, hingga kasar dan pecah-pecah akibat hemodialisa yang dijalani. Tujuan: Analisis Asuhan Keperawatan Pada Pasien *Chronic Kidney Disease on Hemodialysis* Dengan Penerapan Intervensi *Virgin Coconut Oil* di Ruang Kemuning RSUD Tarakan DKI Jakarta. Intervensi dilakukan selama 3 kali sehari pada pagi, siang dan malam selama 3 hari dalam waktu 15 menit, sebelum dan sesudah dilakukan pengolesan penulis melakukan pengkajian skala pruritus pada pasien dan skor xerosis atau kulit kering dinilai menggunakan alat pengukur kelembaban kulit (SK-IV Digital Moisture for Skin Monitor) dilakukan penerapan terapi *Virgin Coconut Oil* (VCO), melakukan penerapan terapi *Virgin Coconut Oil* (VCO) dan diberikan leaflet. Setelah dilakukannya penerapan terapi *Virgin Coconut Oil* (VCO) selama 3 kali sehari pada pagi, siang dan malam selama 3 hari dalam waktu 10-15 menit didapati hasil kulit masih terlihat terkelupas dan kasar namun, ada perubahan tingkat keparahan pruritus yang awalnya pruritus sedang 7 menjadi pruritus ringan 3 dan kelembaban kulit yang awalnya kulit kering 10% kelembaban kulit menjadi normal 41% setelah pemberian VCO. Kesimpulan: penerapan terapi *Virgin Coconut Oil* (VCO) dapat menjadi salah satu intervensi keperawatan dalam mengatasi masalah gangguan integritas kulit, menurunkan tingkat keparahan pruritus serta membantu melembabkan kulit pada pasien dengan gagal ginjal kronik yang menjalani hemodialisa.

Kata Kunci: Gagal Ginjal Kronik, Hemodialisa, Gangguan Integritas Kulit, Pruritus, Xerosis, *Virgin Coconut Oil* (VCO).

ABSTRACT

Title : Analysis of Nursing Care for Chronic Kidney Disease Patients on Hemodialysis Using Virgin Coconut Oil Intervention in the Kemuning Room at Tarakan Hospital, DKI Jakarta.

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Chronic kidney failure patients undergoing hemodialysis experience impaired skin integrity such as itchy skin, dry and scaly skin, to rough and cracked due to the hemodialysis being undertaken. Objective: Analysis of Nursing Care in Patients with Chronic Kidney Disease on Hemodialysis Using Virgin Coconut Oil Intervention in the Kemuning Room of Tarakan Hospital DKI Jakarta. The intervention was carried out 3 times a day in the morning, afternoon and evening for 3 days within 15 minutes, before and after basting the author conducted a pruritus scale assessment on the patient and the xerosis score or dry skin was assessed using a skin moisture meter (SK-IV Digital Moisture for Skin Monitor) applying Virgin Coconut Oil (VCO) therapy, applying Virgin Coconut Oil (VCO) therapy and giving leaflets. After the application of Virgin Coconut Oil (VCO) therapy for 3 times a day in the morning, afternoon and evening for 3 days within 10-15 minutes it was found that the results of the skin still looked flaky and rough, however, there was a change in the severity of pruritus from initially moderate pruritus 7 to mild pruritus 3 and skin moisture which was originally dry skin 10% skin moisture became normal 41% after administration of VCO. Conclusion: the application of Virgin Coconut Oil (VCO) therapy can be a nursing intervention in overcoming problems with impaired skin integrity, reducing the severity of pruritus and helping to moisturize the skin in patients with chronic kidney failure undergoing hemodialysis.

Keywords: Chronic Kidney Failure, Hemodialysis, Skin Integrity Disorders, Pruritus, Xerosis, Virgin Coconut Oil (VCO).