THE APPLICATION OF COCONUT OIL TO THE REDUCTION OF ITCHING IN PATIENTS WITH DIABETES MELLITUS THE AREA OF NGORESAN PUSKESMAS

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ABSTRACT

Background: Diabetes Mellitus (DM) or diabetes is a disease characterized by blood glucose levels that are more than normal (hyperglycemia). Diabetes Mellitus has several typical signs and symptoms, one of which is hives. One of the non-pharmacological therapies to reduce itching in patients with Diabetes Mellitus is Coconut Oil / Virgin Coconut Oil. Objective: to describe the results of the application of Coconut Oil to the reduction of itching in patients with Diabetes Mellitus. Method: this study used a descriptive method with itch scale measurements and observation sheets. Results: after the application of Coconut Oil for 3 days with the implementation time every day in the morning for both respondents. The decrease occurs from the scale of the itching being not itchy. Itch scale value Mrs. T before giving Coconut Oil is 2 (moderate itching) to 0 (not itchy) while Mrs. from the itching scale 1 (mild itching) becomes the itching scale 0 (not itchy). Decrease the level of itching scale in Mrs. T is 2 levels while decreasing the itching scale in Mrs. H is 1 level. Conclusion: there was a decrease in itching after the application of Coconut Oil in patients with Diabetes Mellitus.

Keywords: Coconut Oil, Diabetes Mellitus, Itching