

ABSTRAK

Analisis Asuhan Keperawatan Dengan Masalah Gangguan Integritas Kulit Melalui Penerapan Pemberian *Lotion aloe vera* Pada Pasien *Chronic Kidney Disease* (Ckd) Di Ruang Mawar Pink Rsud R.T. Notopuro Sidoarjo

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Pasien Chronic Kidney Disease (CKD) yang menjalani hemodialisis sering mengalami gangguan integritas kulit berupa xerosis dan pruritus akibat penurunan fungsi ginjal. Kondisi ini dapat menurunkan kenyamanan, mengganggu kualitas tidur, dan meningkatkan risiko kerusakan kulit. Salah satu intervensi nonfarmakologis yang dapat diberikan adalah penggunaan Lotion aloe vera. Tujuan: Menganalisis asuhan keperawatan pada pasien CKD dengan masalah gangguan integritas kulit melalui penerapan Lotion aloe vera. Metode: Penelitian ini menggunakan desain studi kasus pada satu pasien CKD yang menjalani hemodialisis di RSUD R.T. Notopuro Sidoarjo. Asuhan keperawatan dilakukan selama 3×24 jam melalui pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Intervensi utama berupa pemberian Lotion aloe vera dua kali sehari setelah mandi atau setelah tubuh diseka, disertai edukasi perawatan kulit, pemenuhan cairan, peningkatan asupan nutrisi sesuai diet, dan kolaborasi pemberian cetirizine. Hasil: Setelah tiga hari intervensi, kondisi kulit pasien menunjukkan perbaikan. Skor pruritus menurun dari 16 menjadi 8, sedangkan skor Specified Symptom Sum Score (SRRC) menurun dari 2 menjadi 1. Kulit tampak lebih lembap, kemerahan dan pengelupasan berkurang, frekuensi menggaruk menurun, serta kualitas tidur pasien membaik. Kesimpulan: Penerapan Lotion aloe vera sebagai bagian dari intervensi Perawatan Integritas Kulit memberikan hasil yang baik dalam meningkatkan kelembapan kulit, mengurangi xerosis dan pruritus, serta membantu memperbaiki integritas kulit pada pasien CKD yang menjalani hemodialisis.

Kata kunci: *Chronic Kidney Disease, Gangguan Integritas Kulit, Lotion aloe vera.*

ABSTRACT

Analysis of Nursing Care with Skin Integrity Disorders Problems Through the Application of Aloe Vera Lotion to *Chronic Kidney Disease* (CKD) Patients in the Pink Rose Room, R.T. Notopuro Regional Hospital, Sidoarjo

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Chronic Kidney Disease (CKD) patients undergoing hemodialysis often experience impaired skin integrity in the form of xerosis and pruritus due to decreased kidney function. This condition can reduce comfort, disrupt sleep quality, and increase the risk of skin damage. One non-pharmacological intervention that can be given is the use of aloe vera lotion. Objective: To analyze nursing care in CKD patients with impaired skin integrity through the application of aloe vera lotion. Method: This study used a case study design on one CKD patient undergoing hemodialysis at R.T. Notopuro Sidoarjo Regional Hospital. Nursing care was carried out for 3x24 hours through assessment, diagnosis, intervention, implementation, and evaluation. The main intervention was the administration of aloe vera lotion twice a day after bathing or after wiping the body, accompanied by skin care education, fluid fulfillment, increased nutritional intake according to diet, and collaboration with cetirizine administration. Results: After three days of intervention, the patient's skin condition showed improvement. The pruritus score decreased from 16 to 8, while the Specified Symptom Sum Score (SRRC) score decreased from 2 to 1. The skin appeared more moisturized, redness and peeling decreased, scratching frequency decreased, and the patient's sleep quality improved. Conclusion: The application of aloe vera lotion as part of the Skin Integrity Care intervention provided good results in increasing skin moisture, reducing xerosis and pruritus, and helping to improve skin integrity in CKD patients undergoing hemodialysis.

Keywords: Chronic Kidney Disease, Impaired Skin Integrity, Lotion Aloe Vera.