

## INTISARI

### Efektifitas Penggunaan *Lotion* dan *Virgin Coconut Oil* Terhadap Pencegahan Dekubitus Pada Pasien Stroke Tirah Baring Total di RSUD Dr. Moewardi

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**Latar Belakang:** Faktor risiko seseorang terkena dekubitus salah satunya adalah penyakit stroke. Data dari Depkes RI (2009), insiden stroke di Indonesia sebesar 8,3 per 1000 penduduk. Sedangkan Data dari Dinas Kesehatan pemerintah provinsi Jawa Tengah (2011), prevalensi stroke hemoragik di Jawa Tengah adalah 0,03%. Sedangkan untuk stroke nonhemoragik prevalensinya sebesar 0,09%. Menurut Bain (2003), kemungkinan timbulnya dekubitus sebesar 67%, pada pasien rawat inap jangka pendek, sedangkan kemungkinan munculnya dekubitus pada perawatan jangka panjang yaitu dalam waktu 3 bulan sebesar 92%.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui efektifitas penggunaan *lotion* dan VCO terhadap pencegahan dekubitus pada pasien stroke tirah baring total di RSUD Dr. Moewardi.

**Metode Penelitian:** Jenis penelitian ini adalah eksperimen. Bentuk desain eksperimen dalam penelitian ini yaitu *quasi experimental design*. Teknik sampling yang digunakan adalah *Consecutive Sampling*. Penelitian ini merupakan eksperimen yang sederhana, menggunakan kelompok eksperimen dan kelompok kontrol, maka jumlah anggota sampel 24 pasien.

**Hasil:** Hasil penelitian menunjukkan bahwa penggunaan *lotion* terhadap pencegahan dekubitus pada pasien stroke tirah baring total mayoritas tidak menunjukkan adanya tanda dan gejala dekubitus, yaitu sebanyak 8 responden atau 40,0%. Penggunaan VCO terhadap pencegahan dekubitus pada pasien stroke tirah baring total mayoritas tidak menunjukkan adanya tanda dan gejala dekubitus, yaitu sebanyak 8 responden atau 40,0%. Hasil analisis diketahui bahwa nilai rerata kelompok *lotion* sebesar 10,50 dan VCO sebesar 10,50 dengan  $Z_{hitung}$  sebesar 0,000 ( $p_{value} = 1,000 > 0,05$ ), maka tidak ada perbedaan efektifitas penggunaan *lotion* dan VCO terhadap pencegahan dekubitus pada pasien stroke tirah baring total di RSUD Dr. Moewardi.

**Kesimpulan:** Tidak ada perbedaan efektifitas penggunaan *lotion* dan VCO terhadap pencegahan dekubitus pada pasien stroke tirah baring total di RSUD Dr. Moewardi.

**Kata Kunci:** *lotion*, *virgin coconut oil*, dekubitus, stroke

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## ABSTRACT

### ***The Effectiveness of Lotion and Coconut Oil Usage on Dekubitus Prevention toward Patient with Complete Bed Rest in Dr. Moewardi General Hospital***

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**Background:** : One of the risk factor of someone who exposed to dekubitus is stoke disease. Data from Health Department of Indonesian Republic (2009), stated that incident of stroke in Indonesia is 8.3 per 1,000 inhabitants. While data of Central Java Government Health Department revealed that the prevalence of hemorrhagic stroke in Central java is 0.03% whereas the prevalence of non-hemorrhagic stroke is 0.09%. According to Bain (2003), the probability of dekubitus emergence is 67% toward short-term hospitalization patient and probability of dekubitus emergence is 92% toward long-term hospitalization patient which is 3 months.

**Objective:** The purpose of this research is to figure out the effectiveness of lotion and coconut oil usage on dekubitus prevention toward patient with complete bed rest in dr. Moewardi General Hospital.

**Methods:** The type of this research is experiment. Experiment design type of this research is quasi experimental design. Sampling technique used in this research is Consecutive Sampling. This research is a simple experiment, using experimental and controlling group then the sample participant member is 24 patients.

**Result:** The result of this research shows that the lotion usage on dekubitus prevention toward patient with complete bed rest mostly did not show any sign or symptom of dekubitus, which are 8 or 40.0% respondents. The coconut oil usage on dekubitus prevention toward patient with complete bed rest mostly did not show any sign or symptom of dekubitus, which are 8 or 40.0% respondents. Results of analysis shows that the average value of lotion group is 10.50 and the value of coconut oil group is 10.50 with Zcount is 0,000 (pvalue = 1.000 > 0.05). Thus, it can be stated that there is no difference in the effectiveness between the usage of lotion and coconut oil on dekubitus prevention toward patient with complete bed rest in dr. Moewardi General Hospital.

**Conclusion:** There is no difference in the effectiveness between the usage of lotion and coconut oil on dekubitus prevention toward patient with complete bed rest in dr. Moewardi General Hospital.

**Keywords:** lotion, coconut oil, decubitus, stroke

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