

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*