

GIVING COCONUT OIL TO REDUCE ITCHING IN DIABETES MELLITUS

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Background: Diabetes Mellitus (DM) or diabetes is disease characterized by blood glucose levels that are more than normal (hyperglycemia). Diabetes Mellitus has several distinctive signs and symptoms one of them is itching. One of the non pharmacological therapies to reduce itching in Diabetes Mellitus patients is coconut oil/ virgin coconut oil. The fatty acid concent in VCO is effective and save to use a mosturizer for the skin so that it can increase skin hydration. The use of posters as a means of health information is now beginning to be developed, poster has the advantage of providing good visualization to facilitate the absorbing of health information. **Purpose:** materialize the external result like poster with the theme is the efficacy of coconut oil in reducing itching in people with Diabetes Mellitus to share knowlegde to Diabetes Mellitus sufferers and make it eazier educate to socienty. **Extenal description:** Poster theme generated is from the efficacy of coconut oil in reducing itching in people with Diabetes Mellitus which created using Adobe Illustrator CC 2018 aplication software. The poster contains important information about giving coconut oil and is made with attractive animated images. **Conclusion:** Coconut oil can be used to reduce itching in Diabetes Mellitus patients and the poster of the efficacy of coconut oil in reducing itching in people with Diabetes Mellitus can be used as a medium of communication, information, and education.

Keywords: Diabetes Mellitus, Itching, Coconut Oil