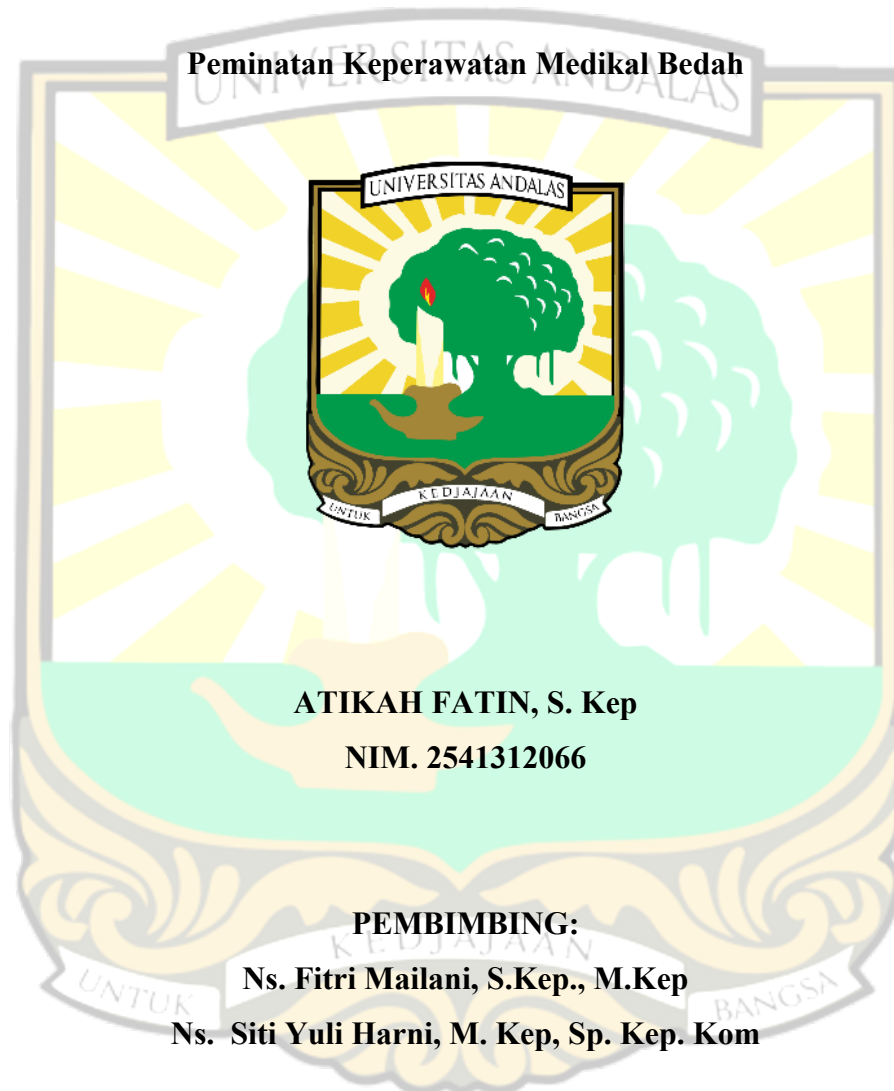


KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA PASIEN KANKER SEBASEA DENGAN
PENERAPAN AROMATERAPI JAHE DENGAN *DIFFUSER HUMIDIFIER*
UNTUK MENGURANGI MUAL MUNTAH PASCA MENJALANI
KEMOTERAPI DI RSUP DR. M. DJAMIL PADANG**



ATIKAH FATIN, S. Kep

NIM. 2541312066

PEMBIMBING:

Ns. Fitri Mailani, S.Kep., M.Kep

Ns. Siti Yuli Harni, M. Kep, Sp. Kep. Kom

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**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
KARYA ILMIAH AKHIR
JUNI, 2026**

**Nama : Atikah Fatin, S. Kep
NIM : 2541312066**

**Asuhan Keperawatan pada Pasien Kanker Sebacea dengan Penerapan
Aromaterapi Jahe dengan *Diffuser Humidifier* untuk Mengurangi Mual Muntah
Pasca Menjalani Kemoterapi di RSUP Dr. M. Djamil Padang**

ABSTRAK

Pasien kanker yang menjalani kemoterapi rentan mengalami mual dan muntah akibat efek samping pengobatan, yang dikenal sebagai *Chemotherapy-Induced Nausea and Vomiting* (CINV). Kondisi ini dapat menurunkan nafsu makan, memicu dehidrasi, dan memperburuk kualitas hidup pasien. Penanganan mual muntah dapat dilakukan secara farmakologis maupun nonfarmakologis, salah satunya melalui aromaterapi jahe yang terbukti efektif dalam menekan sinyal mual muntah dengan menghambat reseptor serotonin (5-HT₃) melalui jalur saraf penciuman dan sistem limbik otak. Tujuan karya ilmiah ini adalah untuk mengelola asuhan keperawatan pada pasien kanker sebacea dengan penerapan aromaterapi jahe menggunakan diffuser humidifier guna mengurangi mual muntah pasca menjalani kemoterapi di RSUP Dr. M. Djamil Padang. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan. Berdasarkan hasil pengkajian pada Tn. D (65 tahun) dengan diagnosis kanker kelenjar sebacea mata kiri yang sedang menjalani kemoterapi siklus pertama, diperoleh tiga masalah keperawatan, yaitu: nausea berhubungan dengan efek agen farmakologis, kelelahan berhubungan dengan penyakit kronis, dan risiko defisit nutrisi. Penerapan aromaterapi jahe dilaksanakan menggunakan diffuser humidifier selama 20 menit, tiga kali sehari, dan dilakukan selama tiga hari berturut-turut. Efektivitas intervensi dipantau menggunakan instrumen *Rhodes Index of Nausea, Vomiting and Retching* (RINVR). Hasil penerapan aromaterapi jahe menunjukkan penurunan skor mual muntah dari skor 13 (sedang) menjadi skor 6 (ringan). Diharapkan perawat di ruang Interne Pria Wing B dapat menerapkan aromaterapi jahe dengan *diffuser humidifier* sebagai salah satu intervensi nonfarmakologis pendamping dalam menangani mual muntah pada pasien kanker yang menjalani kemoterapi.

Kata Kunci : Aromaterapi Jahe, Kanker Sebacea, Kemoterapi, Mual Muntah, *Diffuser Humidifier*

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**Name : Atikah Fatin, S. Kep
NIM : 2541312066**

***Nursing Care for Sebaceous Cancer Patients by Applying Ginger Aromatherapy with
a Humidifier Diffuser to Reduce Nausea Vomiting After Undergoing Chemotherapy
at Hospital Dr. M. Djamil Padang***

ABSTRACT

Cancer patients undergoing chemotherapy are prone to experience nausea and vomiting due to side effects of treatment, known as Chemotherapy-Induced Nausea and Vomiting (CINV). This condition can reduce appetite, trigger dehydration, and worsen the patient's quality of life. Treatment of nausea and vomiting can be done pharmacologically or non-pharmacologically, one of which is through ginger aromatherapy which has been proven to be effective in suppressing nausea and vomiting signals by inhibiting serotonin receptors (5-HT₃) through the olfactory nerve pathway and the brain's limbic system. The aim of this scientific work is to manage nursing care in sebaceous cancer patients by applying ginger aromatherapy using a humidifier diffuser to reduce nausea and vomiting after undergoing chemotherapy at RSUP Dr. M. Djamil Padang. The method used is a case study with a nursing process approach. Based on the results of the study on Mr. D (65 years) with the diagnosis of cancer of the sebaceous gland of the left eye undergoing first cycle chemotherapy, three nursing problems were obtained, namely: nausea is associated with the effects of pharmacological agents, fatigue is associated with chronic diseases, and the risk of nutritional deficits. The application of ginger aromatherapy was carried out using a humidifier diffuser for 20 minutes, three times a day, and was carried out for three consecutive days. The effectiveness of the intervention was monitored using the Rhodes Index of Nausea, Vomiting and Retching (RINVR) instrument. The results of the application of ginger aromatherapy showed a significant reduction in the nausea and vomiting score from a score of 13 (moderate nausea and vomiting) to a score of 6 (mild nausea and vomiting) in three days. It is hoped that nurses in the Wing B Male Intern room can apply ginger aromatherapy with a diffuser humidifier as one of the accompanying non-pharmacological interventions in treating nausea and vomiting in cancer patients undergoing chemotherapy.

Keywords: Ginger Aromatherapy, Sebaceous Cancer, Chemotherapy, Nausea Vomiting, Diffuser Humidifier.

References: 57 (2015-2025)