

# Effect of Giving Cutaneous Massage with Virgin Coconut Oil (VCO) on the Level of Pruritus in CKD Patients Undergoing Hemodialysis at Rsud Dr. M Yunus Bengkulu

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## **Abstract**

Toxic uremia and hemodialysis is one of the diseases of Chronic Kidney Disease (CKD) that can cause pruritus. Pruritus causes skin wounds, infection and disturbs the comfort of the patient so that it requires additional topical therapy to reduce the effects of pruritus. Virgin Coconut Oil (VCO) is one type of topical emollient that is natural, rarely has side effects and is easily available without a doctor's prescription. Research Objective to determine the effect of giving cutaneous massage with virgin coconut oil (VCO) on the level of pruritus in CKD patients undergoing haemodialysis. Research method This type of research will be conducted using quantitative research with experimental equation design using pre-post test design with control group. This study will involve an intervention group and a control group. Where the intervention group will be given treatment in the form of cutaneous massage with virgin coconut oil (VCO) while the control group will be given Olive oil intervention as a comparison. The results of the analysis showed that in the intervention group the pvalue for 0.030 or pvalue <0.05 which means there is an effect and there is a difference in the degree of leg edema between the intervention group and the control group. There was an average decrease of 0.54 from the average respondent's pruritus scale of 2.36 to 1.82.

## **Keywords**

Pruritus, Chronic Kidney Disease, Cutaneous Massage, Virgin Coconut Oil (VCO)