

**APPLICATION OF ORAL CARE WITH CRYOTHERAPY IN
FULFILLING THE NEEDS OF COMFORT: ORAL
MUCOSITIS PAIN OF CANCER PATIENTS AT
RSUP DR. SARDJITO YOGYAKARTA**

Fakhrul Mahardika Susianto¹, Sapta Rahayu Noamperani², Harmilah³
^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: fakhrulmahardika17@gmail.com

ABSTRACT

Background: Cancer is a disease caused by abnormal cells in the body that grow uncontrollably. One method used to treat cancer is chemotherapy. Chemotherapy is a form of systemic therapy that involves administering cytotoxic drugs into the body, typically through intravenous infusion. Chemotherapy not only aims to destroy cancer cells but also carries the risk of toxic side effects, such as oral mucositis, which causes pain in the mouth. Pain management for oral mucositis can include non-pharmacological therapies, one of which is oral Cryotherapy.

Objective: The application of oral Cryotherapy has been shown to provide comfort by alleviating oral mucositis pain in cancer patients at Dr. Sardjito General Hospital, Yogyakarta.

Methods: This case study involved two patients with oral mucositis. The instruments used included the Standard Operating Procedure (SOP) for oral Cryotherapy, the WHO Oral Toxicity Scale, and the Numerical Rating Scale (NRS). Oral Cryotherapy was administered by having patients suck on ice chips for 20 minutes before and after meals, three times a day for three consecutive days.

Results: Both patients were diagnosed with acute pain related to physiological injury agents. After receiving oral Cryotherapy for three consecutive days, the nursing problem was resolved, as evidenced by a reduction in pain scale scores in both patients.

Conclusion: Oral Cryotherapy has been shown to effectively reduce pain levels in cancer patients receiving chemotherapy who develop oral mucositis.

Keywords: oral care with honey, pain, oral mucositis, chemotherapy, cancer

**PENERAPAN *ORAL CARE* DENGAN *CRYOTHERAPY* DALAM
PEMEMUHAN KEBUTUHAN RASA NYAMAN: NYERI
MUKOSITIS ORAL PASIEN KANKER DI RSUP
DR. SARDJITO YOGYAKARTA**

Fakhrul Mahardika Susianto¹, Sapta Rahayu Noamperani², Harmilah³
^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: fakhrulmahardika17@gmail.com

ABSTRAK

Latar belakang: Kanker merupakan Penyakit yang disebabkan karena sel-sel abnormal dalam tubuh mengalami pertumbuhan yang tidak terkendali. Metode yang dapat digunakan dalam penanganan kanker salah satunya yaitu kemoterapi. Kemoterapi adalah bentuk terapi sistemik yang dilakukan dengan cara memasukkan obat sitotoksik ke dalam tubuh, baik melalui infus (intravena). Kemoterapi tidak hanya bertujuan untuk menghancurkan sel kanker, tetapi juga membawa risiko efek toksik seperti mukositis oral yang menimbulkan rasa nyeri pada mulut. Penatalaksanaan nyeri pada mukositis oral dapat diberikan terapi non farmakologis salah satunya *oral Cryotherapy*.

Tujuan: Diketahui gambaran penerapan *oral Cryotherapy* kebutuhan rasa nyaman: nyeri mukositis oral pasien kanker di RSUP dr. Sardjito Yogyakarta.

Metode: Studi kasus yang melibatkan dua pasien dengan mukositis oral. Instrumen berupa SOP *oral Cryotherapy*, skala WHO *Oral Toxicity Scale* dan *Numerical rating scales* (NRS). pemberian *oral Cryotherapy* dengan cara dihisap 20 menit sebelum dan sesudah makan diberikan 3x sehari selama 3 hari.

Hasil: Masalah keperawatan pada kedua pasien adalah nyeri akut berhubungan dengan agen pencedera fisiologis, setelah dilakukan intervensi *oral Cryotherapy* 3 hari berturut-turut masalah keperawatan teratasi dibuktikan dengan penurunan skala nyeri pada kedua pasien.

Kesimpulan: *oral Cryotherapy* dapat menurunkan skala nyeri pada pasien kanker dengan kemoterapi yang mengalami mukositis oral

Kata kunci: *oral Cryotherapy*, nyeri, mukositis oral, kemoterapi, kanker