

## Penerapan Aromaterapi Eucalyptus (Minyak Kayu Putih) Untuk Menurunkan Produksi Sputum Pada Pasien Tuberkulosis = Application of Aromatherapy Eucalyptus (Eucalyptus Oil) to Decrease Sputum Production in Tuberculosis Patients

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### Abstrak

Salah satu reaksi inflamasi yang ditimbulkan Mycobacterium tuberculosis yang masuk ke dalam alveoli adalah sekresi lendir yang berlebihan pada saluran napas. Penanganan dalam menurunkan produksi sputum pada pasien TBC dapat diberikan secara non farmakologi sebagai terapi pelengkap atau disebut juga terapi komplementer yaitu penggunaan minyak essensial untuk aromaterapi adalah Eucalyptus (minyak kayu putih). Tujuan penelitian ini untuk mengetahui efek aromaterapi Eucalyptus dalam menurunkan produksi sputum pada pasien paru. Penelitian ini menggunakan pendekatan quasi eksperimen dengan desain one group pretest-posttest design dengan jumlah 20 sampel dengan teknik non probability sampling dengan metode consecutive sampling. Analisis statistik menggunakan uji t-dependen yang bertujuan mengetahui adanya pengaruh intervensi aromaterapi Eucalyptus sebelum dan sesudah dilakukan intervensi untuk menurunkan produksi sputum pada pasien tuberkulosis. Hasil penelitian menunjukkan bahwa perbedaan signifikan jumlah produksi sputum antara sebelum intervensi, sesudah intervensi hari pertama, kedua dan ketiga dengan nilai p value 0,000. Perawat dapat memberikan aromatherapy Eucalyptus untuk menurunkan produksi sputum pada pasien TBC

.....Residency nursing practices conducted at Persahabatan hospitals with respiration specificity are expected to address respiratory problems. In addition, during the residency process, they must have the ability to apply interventions based on evidence base nursing, expected to be able to become a Clinical Care Manager (CCM) who serves as a nursing consultant for nursing staff and a provider of nursing therapy to patients in order to provide nursing care to improve the quality or quality of nursing care. In providing care in cases of patients with drug-dropping pulmonary TB and 30 resume cases using Henderson's theory 14 basic human needs that demonstrate the role of nurses as nursing care providers in helping individuals both in health and sickness, through their efforts to carry out various activities to support the health and healing of individuals or the process of dying peacefully. The nursing problem that arises a lot is about the need for normal breathing. Application of EBN aromatherapy Eucalyptus in pulmonary TB patients who experience excessive sputum production due to inflammatory processes. Implementation of a booklet innovation project to prevent recurrence in COPD patients. Community service carried out education about pulmonary TB treatment management to increase knowledge and compliance of patients and families to prevent drug dropouts. The results of the analysis of nursing residency practice found that nursing care using Henderson's theoretical approach aims to help as soon as possible the independence of patients. The application of Eucalyptus aromatherapy can reduce sputum production of sputum production in pulmonary TB patients. The self management: written action plan booklet innovation project can improve the self-management of COPD patient