

# Asuhan Keperawatan Pada Lansia Dengan Gangguan Integritas Kulit Melalui Pemberian Gel Aloe Vera di Panti Sosial Tresna Werdha Budi Mulia 1 = Nursing Care for the Elderly with Impaired Skin Integrity Through Providing Aloe Vera Gel at the Tresna Werdha Budi Mulia Social Home 1

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## Abstrak

Penuaan merupakan proses alamiah meliputi perubahan anatomi dan fisiologi lansia. Perubahan menyebabkan lansia menjadi rentan mengalami masalah kesehatan. Masalah kesehatan yang banyak ditemukan pada lansia adalah gangguan integritas kulit seperti kulit kering (xerosis) dan pruritus. Tujuan tugas akhir ini adalah untuk menjelaskan tentang asuhan keperawatan pada lansia dengan gangguan integritas kulit melalui pemberian gel aloe vera di Panti Sosial Tresna Werdha Budi Mulia 1. Intervensi berupa manajemen pruritus menggunakan gel aloe vera melalui pemberian topikal dilakukan sebanyak 2 kali sehari selama 13 hari. Hasil intervensi menunjukkan bahwa terjadi peningkatan hidrasi dan tekstur kulit serta terjadi perubahan nilai pruritus severity scale dari gatal berat menjadi gatal ringan. Perawat di panti sosial tresna werdha budi mulia 1 cipayung diharapkan dapat memberikan intervensi pemberian gel aloe vera. Intervensi ini dilakukan sebagai upaya mengatasi xerosis dan pruritus pada lansia sering kenyamanan dan kualitas hidup lansia meningkat.

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Aging is a natural process including changes in the anatomy and physiology of the elderly. Changes cause elderly people to become vulnerable to health problems. Health problems that are often found in the elderly are disorders of skin integrity such as dry skin (xerosis) and pruritus. The aim of this final assignment is to explain nursing care for elderly people with impaired skin integrity by administering aloe vera gel at the Tresna Werdha Budi Mulia Social Home 1. Intervention in the form of pruritus management using aloe vera gel through topical administration is carried out 2 times a day for 13 days. The results of the intervention showed that there was an increase in hydration and skin texture as well as a change in the pruritus severity scale value from severe itching to mild itching. Nurses at the Tresna Werdha Budi Mulia 1 Cipayung social home are expected to be able to provide interventions for administering aloe vera gel. This intervention is carried out as an effort to overcome xerosis and pruritus in the elderly, often increasing the comfort and quality of life of the elderly.