

CHAPTER 5

CONCLUSIONS AND SUGGESTIONS

5.1 Conclusion

- 5.1.1 The results of the study obtained on Mrs. N age 58 years complained of nausea and vomiting, no appetite, patients said her body felt weak, pain in the heart, unable to sleep at night and dizziness. Patients also said they felt nausea vomiting since \pm 2 weeks before entering the hospital. A day vomiting \pm 3 times, the patient said the heartburn and the disease felt more and more severe so that the patient was taken to Ansari Saleh Hospital, and after the examination it turned out that there was a problem also in the patient's kidney so that the patient was recommended to wash blood then the patient was referred to Ulin Hospital to do dialysis. Mrs. N has a history of hypertension about \pm 6 years ago and diabetes mellitus. The general state of the patient appears weak and restless with compos mentis consciousness, GCS E4V5M6. TD: 170/80 mmHg, N: 86x/min, R: 22x/min, Temperature 36.9°C, SpO2: 97% room air. On the physical examination, the stomach appears bloated and there is pressure pain in the upper middle of the abdomen. The patient appears weak lying on the bed. Client laboratory blood test results: Hemoglobin 11.8 g/dl, Leukocytes 13.2 thousand/ul, MCHC 27.8 pg, Ureum 90 mg/dl, Creatinine 5.90 mg/dl, Albumin 2.4 g/dl, Calsium 7.3 mg/dl, Sodium 113 Meq/L, Chloride 89 Meq/L.
- 5.1.2 The diagnosis that appears in this case is nausea associated with gastrointestinal irritation and disturbances in sleep patterns associated with nausea.
- 5.1.3 The superior intervention planned in this case is aimed at reducing nausea complaints by giving aromatherapy eucalyptus oil so that nausea can be reduced.

- 5.1.4 This implementation is carried out for 3 days with the duration of aromatherapy of eucalyptus oil for ± 10 minutes with measurement of nausea complaints before and after the administration of eucalyptus oil aromatherapy and evaluation of patient response.
- 5.1.5 Evaluation of the results obtained after the administration of eucalyptus oil aromatherapy for 3 days of superior intervention was achieved characterized by a decrease in nausea complaints. In addition, patients and families also understand and are able to give aromatherapy eucalyptus oil independently. It is proven that the administration of eucalyptus oil aromatherapy can help reduce nausea complaints in the short term in CKD patients with nausea problems, especially in Mrs. N.
- 5.1.6 The follow-up plan for Mrs. N is to routinely drink warm drinks.

5.2 Suggestion

5.2.1 For the Nursing Profession

The results of this nursing care are expected to provide information for the nursing profession in developing insights and knowledge, especially about complementary therapies that can reduce nausea by giving eucalyptus oil aromatherapy to CKD patients with nausea problems and also as a reference for nursing students.

5.2.2 For the Institutions

Provide input and as a basis for carrying out further nursing care related to how to reduce nausea by providing eucalyptus oil aromatherapy to CKD patients with nausea problems.

5.2.3 For Patients and Families

Increase patient knowledge, especially on how to reduce nausea by giving eucalyptus oil aromatherapy to CKD patients with nausea problems.