



Giving Extra Virgin Olive Oil To Wound Healing (Grade Of Inflammation) In Atopic Dermatitis Patients

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ABSTRACT

Atopic dermatitis (AD) is a chronic and recurrent skin inflammation, accompanied by itching, occurs in certain predilection sites and is based on the presence of an inherited hypersensitivity. This dermatitis is the most common form of dermatitis in infants and children. Other names are atopic eczema, dermatitis eczema, Besnier's prurigo and neurodermatitis. Dermatitis can occur for years, even for life, often recurring and interfering with daily activities due to intense itching. Knowing the effect of giving extra virgin olive oil on wound healing (degree of inflammation) in atopic dermatitis patients, the type of research used was pre-experimental because it revealed a cause-and-effect relationship involving only one group of subjects. so there's no control. strict on variables. The type of research design chosen was The One Group Pratest Posttest, which is an experimental design that was carried out in one group without a comparison group. This model has used a pre-test (pratest) then after being given treatment, a measurement (posttest) is carried out again to determine the consequences of the treatment, so that it can be seen the magnitude of the effect of the experiment. The results of the study can be interpreted that before being given olive oil most (75%) of the respondents had a severe degree of dermatitis and after being given olive oil half (50%) of the respondents had a mild degree of dermatitis, and half (50%) of the respondents had a moderate degree of dermatitis. It can be seen that the Z value is -4.916 with a significance of $p = 0.000$, so H_0 is rejected so that H_1 is accepted, which means that there is a difference in the degree of dermatitis before and after being given olive oil. Virgine Olive Oil Can Be Used As A Non-pharmacological Therapy In Overcoming The Degrees Of Atopic Dermatitis Both In Public Health Centers And Networks And In Hospitals

Keywords: Extra Virgin Olive Oil, Wound Healing (Inflammation Degree), Atopic Dermatitis

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INTRODUCTION

Atopic dermatitis (AD) is a chronic, recurring skin inflammation, accompanied by itching, occurs at certain predilection sites and is based on the presence of hereditary inherited hypersensitivity. This dermatitis is the most common form of dermatitis in infants and children. Other names are atopic eczema, dermatitis eczema, Besnier's prurigo and neurodermatitis (Listyio, 2015). Dermatitis can occur for years, even for life, recurring frequently and interfering with daily activities due to intense itching. This disorder mainly occurs in infants and children, disappears in 50% of cases during adolescence, but can persist or even begin in adulthood so that atopic dermatitis can cause a decrease in self-confidence, discomfort and very disturbing (Wahyuni, 2014).

In the United States, Europe, Japan, Australia, and other industrialized countries the prevalence of atopic dermatitis is 10-20% in children and 1-3% of adults. In agricultural countries such as China, Eastern Europe, Central Asia, the prevalence of atopic dermatitis is lower (Brown in Nurfadilah et al., 2013). In Indonesia, based on data from 6 hospitals, namely RSUP Dr. Hasan Sadikin Bandung, RSUPN Cipto Mangunkusumo Jakarta, RSUP H. Adam Malik Medan, Prof. Dr. R. D. Kandou Manado, and Dr. Saiful Anwar Malang, there were 261 cases of atopic dermatitis from 2,356 new patients in 2013 (Morina in Siti, 2016).

In East Java, the prevalence of atopic dermatitis reaches 64.6% (Namin, 2016). Based on patient visit data at the Lamongan District Health Center in 2012, there were 8,170 sufferers of allergic contact dermatitis (Dinkes Kota Lamongan, 2014). And according to the data from the search results from a specialist doctor in Kediri City, the number of pediatric patient visits at Dr. Wasis, Sp.A was about 550 patients each month, Dr. Lily Dyah, Sp.A was around 600 patients, and Dr. Arshi, Sp.A was around 600 patients. 400 patients (Rahmaningtyas, 2016). Based on the results of a preliminary study on March 2, 2020 at the UPT Puskesmas kembangbahu, Lamongan Regency, there were 35 patients (infants, children and adults) who experienced dermatitis. Many factors influence the incidence of atopic dermatitis.

Genetic predisposition is one of the most risky risk factors. Other environmental factors such as allergens, hygienic and sanitary places of residence. Behavioral, lifestyle and psychological factors also increase the prevalence of atopic dermatitis (Suyanto, 2015). Atopic dermatitis is influenced by internal factors (genetic, age and gender) and external factors (cigarette smoke, pet dander, cotton mattress) (Namin, 2016). Another factor is the lack of utilization of natural ingredients that can heal dermatitis wounds, such as giving extra virgin olive oil or other ingredients. The impact if the healing of dermatitis wounds does not materialize immediately is a decrease in the welfare of sufferers, especially children, both physically and psychologically. Patients will experience difficulties in activities such as playing,

going to school, sleeping and other normal activities, sufferers are often ridiculed and have difficulty getting along with friends and society (Brown, et al in Lawita, 2015)

Based on the above problems, it is necessary to make efforts to accelerate the healing process of dermatitis wounds (Hardjito et al, 2012). Natural intervention with extra virgin olive oil or with coconut oil. Olive oil contains various nutrients that are good for skin care (Fajriyah, 2015). Apriza's research results (2017) state that olive oil is faster in healing wounds because it contains vitamin K which can help the wound drying process, vitamin C for the formation of red blood cells, oleochantal to reduce scars and vitamin E to regulate skin moisture and prevent infection. Olive oil also contains important wound healing compounds such as oleochantals, sterols, phenols, squalen, etc. Oleochantal is an antioxidant to reduce redness marks on the skin. The advantage of olive oil compared to coconut oil is that it contains phenols in olive oil and nothing in virgin coconut oil which only contains flavonoids (antioxidants). Antioxidants function to prevent skin damage. Meanwhile, olive oil antioxidants function to ward off free radicals and protect skin damage, cancer and other diseases (Jelita, 2015).

Based on the description above, it is necessary to carry out direct observation and a study with the title of: "The Effect of Extra Virgin Olive Oil on Wound Healing (Degree of Inflammation) in Atopic Dermatitis Patients".

METHOD

The Type Of Research Used Is Pre-Experiment Because It Reveals A Causal Relationship Only By Involving One Group Of Subjects. The Type Of Research Design Chosen Was The One Group Pratest Posttest, Which Is An Experimental Design That Was Carried Out In One Group Only Without A Comparison Group.

This Model Has Used The Pratest Test Then After Being Given The Treatment, The Measurement (Posttest) Is Carried Out.

RESULTS

Table 1. Age frequency distribution of respondents

AGE	Frekuensi	Persentase (%)
0 - 2 year	2	6,3
2-12 year	3	9,4
12-30 year	19	59,4
> 30 year	8	25
the result	32	100

Based on table 1. it can be interpreted that the majority of respondents (59.4%) are aged 12-30.

Table 2. Frequency distribution of respondents' Gender

Profession	Frekuensi	Presentase (%)
Man	21	65,6
Women	11	34,4
the result	32	100

Based on table 5.2, it can be interpreted that most of the respondents (65.6%) are male.

Table 3. Distribution of respondents' education frequency

Education	Frekuensi	Persentase(%)
Not yet in school	2	6,3
SD	3	9,4
Junior High	2	6,3
High school	19	59,4
PT	6	18,8
the result	32	100

Based on the table above, it can be interpreted that based on education most (59.4%) have high school education.

Table 4. Work frequency distribution

Distribution	Frekuensi	Persentase(%)
Does not work Farmer	5	15,6
Private Civil servants	6	18,8
	18	56,3
	3	9,4
the result	32	100

Based on the table above, it can be interpreted that based on occupation most (56.3%) work as private companies

Table 5. Frequency distribution of the degree of dermatitis before being given extra virgine olive oil

Criteria	Frekuensi	Prosentase (%)
Light Moderate Weight	2	6,3
	6	18,8
	24	75
the result	32	100

Based on the table above, it can be interpreted that before being given extar vigne olive oil (75%) of the respondents had severe dermatistic degrees.

Table 6. Frequency distribution of the degree of dermatitis after being given extra virgin olive oil

Criteria	Frekuensi	Prosentase (%)
Ringan	16	50
Sedang	16	50
Berat	0	0
the result	32	100

Based on the table above, it can be interpreted that after being given extra virgine olive oil half (50%) of the respondents had a mild degree of dermatitis, and half (50%) of the respondents had moderate degrees of dermatitis. Based on the results above, it can be seen that the Z score is -4.916 with a significance of $p = 0.000$, then H_0 is rejected so that H_1 is accepted, which means there is a difference between the degree of dermatitis before and after being given extra virgin olive oil.

DISCUSSION

In this study, the treatment was carried out by giving extra virgin olive oil to wound healing (degree of inflammation) in atopic dermatitis patients twice a day, morning and night for 14 days. It was interpreted that before being given olive oil most (75%) of the respondents had a severe degree of dermatism. It is interpreted that after being given olive oil half (50%) of the respondents have a mild degree of dermatitis, and half (50%) of the respondents have a moderate degree of dermatitis.

Based on the results, it can be seen that the Z score is -4.916 with a significance of $p = 0.000$, then H_0 is rejected so that H_1 is accepted, which means there is a difference between the degree of dermatitis before and after being given olive oil..

CONCLUSIONS AND SUGGESTION

Extra Virgine Olive Oil Can Be Used As A Non-pharmacological Therapy In Overcoming The Degrees Of Atopic Dermatitis Both In Public Health Centers And Networks And In Hospitals.

1. For the working area of Pkm Kembangbahu and the community, the results of this study are expected to use the Pkm Institution for the treatment of atopic dermatitis.
2. For educating the results of this study, it is hoped that the results of this research will serve as a reference for increasing knowledge about the pengaryh of giving Vigne Olive Oil to the healing of atopic dermatitis.
3. For the Development of Research Science. The results of this study are expected to serve as reference materials for further researchers and additional information in carrying out more complex research in treating children with atopic dermatitis.

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