

**How to Cite:**

Efrianty, N., Sartika, R. C. T., Sulardi, S., & Komalasi, U. (2024). Application of olive oil to the degree of diaper rash in babies aged 0-12 months. *International Journal of Health Sciences*, 8(S1), 690–695. <https://doi.org/10.53730/ijhs.v8nS1.14891>

## **Application of olive oil to the degree of diaper rash in babies aged 0-12 months**

**Novalia Efrianty**

Lecturer in the Nursing Diploma Three Study Program, Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif Baturaja, South Sumatra, Indonesia  
Corresponding author email: [efriantynovalia@gmail.com](mailto:efriantynovalia@gmail.com)

**Rianita Citra Tri Sartika**

Lecturer in the Nursing Diploma Three Study Program, Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif Baturaja, South Sumatra, Indonesia  
Email: [rcitrartisartika@gmail.com](mailto:rcitrartisartika@gmail.com)

**Sulardi**

Lecturer in the Nursing Diploma Three Study Program, Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif Baturaja, South Sumatra, Indonesia  
Email: [sulardi@gmail.com](mailto:sulardi@gmail.com)

**Ulfa Komalasi**

Student of the Nursing Diploma Three Study Program, Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif Baturaja, South Sumatra, Indonesia  
Email: [ulfakumalasi@gmail.com](mailto:ulfakumalasi@gmail.com)

**Abstract**--Diaper rash is a skin disorder in the form of inflammation around the area covered by the diaper or around the diaper. This inflammation mainly occurs in the area of both thighs, buttocks, lower abdomen, around the genitals and the area around the buttocks and lower back the author uses the description method, with a case study research approach, this case study was carried out in 2 patients with diaper rash. By applying the nursing process method. This data was obtained in the following ways: Interviews, examinations, observation of activities obtain notes and diagnostic reports. Results after nursing actions for 3 days with a diagnosis of impaired tissue/skin integrity related to chemicals with the application of Olive Oil (Olive Oil) with the results resolved on day 4. Conclusion the application of Olive Oil (Olive Oil) to both diaper rash patients can reduce reddish spots, blisters, genital diarrhea and its surroundings. In this study it is hoped that patients can apply Olive Oil as a treatment that can be done alone at home because one of the benefits of olive oil is to reduce red spots, blisters, in the baby's genital area.

**Keywords**---Olive Oil, Diaper Rash.

## **Introduction**

Based on data released by the World Health Organization, the prevalence of skin irritation (diaper rash) in babies is quite high, namely 25% of babies born in the world, most of whom suffer from skin irritation (diaper rash) due to the use of diapers (Yuriah & Zahra, 2024). The highest numbers are found at the age of 6-12 months (WHO, 2020). Diaper rash data in Southeast Sulawesi itself is quite high, in 2018 diaper rash data reached 80% (Sultra Health Office, 2018). Diaper rash data in South Konawe Regency is quite high, namely of 5,686 babies around 85% experienced diaper rash (Ministry of Health of the Republic of Indonesia, 2019).

The incidence of diaper rash in Indonesia reaches 7-35%, affecting male and female babies under three years old. Based on the Journal of Pediatrics report, 54% of 1 month old babies experienced diaper rash after using Disposable Diapers. Expert Staff to the Minister of Health for Improvement and Decentralization, Dr. Krisnajaya, MS estimates that the number of children under five years old in Indonesia has reached 10% of the population. The total population of Indonesia is 265,015,313 people, this number consists of 133,136,131 male residents and 131,879,182 female residents. According to the population age group which is still classified as children (0-14 years) reaching 70,486,717 people or around 26.6% of the total population, there are at least 19,009,559 toddlers in Indonesia, 1/3 of the number of Indonesian babies have rashes diapers (Health Profile, 2019).

Data from the 2020 South Sumatra Health Department Health Service found that 25% of 12,000 4 week old babies experienced diaper rash. This skin disorder attacks the parts of the baby's body that are covered in diapers. The affected areas are usually the genitals, thigh creases and buttocks. The baby's skin tends to look red and somewhat scaly. (Dinkes, South Sumatra, 2020)

Coverage from the 2020 Ogan Komering Ulu District Service, as published in The Alspac Survey Team. British Journal Of General Practice In August 2020, said that all children suffer from diaper rash at least once during childhood, the incidence of diaper rash is at the age of 3-12 months, the peak is at the age of 6-9 months 50% of babies and children have suffer from diaper rash with various clinical features ranging from mild to severe. (OKU health profile 2020)

Previous research conducted in Jakarta, of 95 respondents, 25 respondents had diaper rash or 26% of the total sample (Rustiyaningsih, Rustina, & Nuraini, 2019). In Palembang, research conducted on 11 babies showed that the average age of babies was three months. The majority of babies' gender is male (72.7%) (Cahyati, Indriansari, & Kusumaningrum, 2020). The aim of this study was to determine the application of olive oil to the severity of diaper rash in babies aged 0-12 months.

## **Method**

The type of research used is a case study. The subjects of this research were 2 children of diaper rash patients as research subjects who meet the inclusion criteria. The inclusion criteria are the general characteristics of research subjects from a target population that is accessible and will be studied. The inclusion criteria in this study are as follows: mothers who have babies or toddlers aged 0-12 months, use disposable diapers or disposable diapers, mothers who are willing to toddlers were observed and became research subjects. The exclusion criteria in this study were toddlers who did not use disposable diapers, clients whose families refused to continue the research.

The focus of the study in this case study is to determine nursing care for babies aged 0-12 months with the application of olive oil therapy on the degree of diaper rash in the work area of the UPTD Puskesmas Kemalaraja in 2023. The case study instrument used in this research is Format child assessment officer, olive oil (Olive Oil), Dry Cotton and Handscoon. With stages of assessment, formulation of nursing diagnosis, preparation of plans, implementation of nursing, evaluation of nursing, SOP for Diaper Rash, Documentation Sheet, Personal Protective Equipment.

Research location Research location was carried out in the Kemalaraja UPTD Work Area. This case study research was carried out in March-April 2023. The research method used in researching scientific papers is a case study with data collection techniques that researchers used in preparing this final assignment report: Observation, Interview, Documentation Study, Literature Study. Case study ethics when conducting a case study, after obtaining approval, then carry out the case study by emphasizing ethics which include: Informed consent (agreement to be a respondent), Anonymity (without name), Confidentiality (confidentiality).

## **Results and Discussion**

In its implementation in the field which was carried out directly with clients An.M and An.H in the work area of the Kemalaraja Community Health Center in 2023, the author has carried out the following stages. Assessment of An.M. The client's mother said there were reddish spots on the genitals and surrounding areas and An.H. The client's mother said that her child had blisters and redness in the groin area. Emerging nursing diagnoses. Skin/tissue integrity disorders related to humidity

Interventions that appear in the nursing diagnosis of skin integrity disorders related to humidity include identifying the causes of skin integrity disorders (eg, decreased humidity, extreme environmental temperatures), monitoring wound characteristics (eg, drainage, color, size and odor), monitoring for signs of infection. , maintain sterile technique when carrying out wound care, encourage independent wound care procedures.

One of the nursing actions that can be taken for diaper rash in babies is in two ways, namely with Pharmacological Therapy and Non-Pharmacological Therapy.

Pharmacological therapy treatment uses medicines that can restore irritated skin, namely hydrocortisone, while non-pharmacological treatments include olive oil. Parrell, (2020).

The implementation carried out is a nursing plan with non-pharmacological therapy that can cure frostbite rashes, namely olive oil. Regular use of olive oil for babies and smeared sufficiently on the baby's skin can prevent or treat skin irritation or diaper rash because of the content contained in the oil. Olives are able to protect the skin from irritation

Evaluation of An.H with complaints of blisters and redness in the buttocks area, and expectations have improved. An.M was evaluated with complaints that the reddish spots on the genitals and surrounding area had decreased and expectations had improved.

Babies are a very important period for future life. The ability to care for a baby is closely related to life in the future (Yuriah et al., 2024). Infancy is also known as the neonatal period, babies are very vulnerable to skin problems and accidents and physical problems. The physical problem of newborn babies is called diapering dermatitis, which causes discomfort and pain (Muthoharoh et al., 2022).

Diaper rash is inflammation of the baby's skin in the area covered by the diaper, and generally occurs on the buttocks (Yuriah et al., 2022). Skin that experiences this rash will appear reddish. Diaper rash usually occurs due to a skin reaction after continuous contact with urine and feces. Diaper rash can be interpreted as a skin infection due to prolonged exposure to urine and feces combined with the pressure or friction of diapers (Yuriah & Kartini, 2022).

Olive oil is an oil that can maintain skin integrity, keep skin hydration within reasonable limits, not too moist and not too dry (damaged skin such as psoriasis, eczema). Olive oil can remove rashes, especially on babies' buttocks or in children who have reddish skin.

Olive oil is useful for keeping the skin moist because it is cold. There are many compounds in olive oil, including squalene, sterols, phenols, pigments, tocopherols, and vitamin E. The compounds in olive oil can heal damaged skin cells. Functions as an antioxidant that neutralizes free radicals, heals red rashes on the skin, keeps the skin moist, and prevents skin irritation (Yuriah, 2024).

Applying olive oil can treat the skin in an effort to prevent damaged skin, because the content in olive oil is fatty acids, vitamin E which is useful as a natural antioxidant and helps maintain cell structure and cell membranes as a result of damage due to free radicals. Vitamin E functions as a protector from damage to red blood cells which play a role in transporting oxygen to all body tissues. Vitamin E is useful for shortening wounds so they heal quickly, preventing premature aging, keeping the skin moist and increasing skin elasticity

## Conclusion

After the author carried out nursing care for An "M" and An "H" by applying olive oil to diaper rash in babies aged 0-12 months in the UPTD Working Area of the Kemalaraja Community Health Center. The study that the author found in An "M" and An "H" was in the UPTD Work Area of the Kemalaraja Community Health Center. An "M" and An "H" by observing Vital Signs and observing signs of infection: in An "M" An.M The client's mother said there were reddish spots on the genitals and surrounding areas, during illness the client was fussy and sleeping wake up often. Meanwhile, An "H" the client's mother said that her child had blisters and redness in the groin area, the client was crying and fussy.

The diagnosis that emerged during the assessment was Skin Integrity Disorders Related to Moisture. Implementation The author carried out all the nursing plans that had been made with non-pharmacological diaper rash giving olive oil (observation, therapeutic and education). After evaluating the nursing care that has been carried out on An "M" and An "H", it can be seen from the evaluation results that have been achieved that the health problems have been resolved.

To achieve good health services, it would be good to improve the quality of human resources working at the Community Health Center, so that the provision of health services is achieved, by further improving the facilities and infrastructure at the Community Health Center. It is hoped that future researchers can examine rashes in babies with other applications such as rashes with other educational measures to speed up healing and can be useful for future researchers as a reference.

## References

- Cahyati, i & Kusumaningrum (2019). Pengaruh Pemberian Minyak Zaitun Terhadap Drajat Ruam Pada Bayi dan Penggunaan Diapers. *Jurnal Kesehatan*, 1-10.
- Dinkes. Sultra (2018). Kejadian Iritasi Kulit (Ruam Popok) Pada Bayi Usia 0-2 Bulan. *Jurnal Of Pediatric Nursing VOL 1*, Trans Info Medika.
- Dinkes Sumsel. (2020) *Panduan Cerdas Perawatan pada Bayi*. Jakarta: Pusta Bunda.
- Laporan Jurnal Of Pediatrics, (2019). Pengaruh Pemberian Minyak Zaitun (Olive Oil) Terhadap Ruam Popok Pada Bayi . *jurnal ners universitas pahlawan tuanku tambusai*, 10-19.
- Muthoharoh, B. L., Yuriah, S., Gustiani, R., Agustina, Y. R., Indrawati, I., & Muflililah, M. (2022). Efficacy of early initiation of breastfeeding (EIB) for preventing hypothermia in newborns. *Journal of Health Technology Assessment in Midwifery*, 5(2), 82–95. <https://doi.org/10.31101/jhtam.2211>
- Profil kesehatan (2018). Insiden Ruam popok Di Sumatra selatan.
- profil kesehatan OKU, (2020). Insiden ruam popok di sumatra selatan.The Alspac Survey Team. *Britis Journal Of General Practice*
- Parrel. (2020). Pengaruh minyak zaitun terhadap ruam popok. *Jurnal kesehatan*, 50-62
- Rustiyaningsih, Rustina, & Nuraini, (2019). Pengaruh pemberian minyak zaitun terhadap ruam popok (diapers fast). *Jurnal kebidanan griya husada*, 1-24.

- RI, K. (2019). Data Jumlah Anak Yang Terkena Ruam Popok di Indonesia. *Jurnal Kesehatan*, 234.
- WHO, 2020. Angka kejadian ruam popok die dunia. *Jurnal kesehatan*, 123.
- Yuriah, S. (2024). *Hubungan Tingkat Pengetahuan Ibu Hamil Tentang Hiv/Aids Dengan Sikap Terhadap Provider Initiated Test And Counselling (PITC)*. 13(1).
- Yuriah, S., Ananti, Y., & Nurjayanti, D. (2024). Dynamics of the experience of sexual violence and its impact on girls in Ogan Komering Ulu Regency. *International Journal of Health Sciences*, 8(S1), 579–592. <https://doi.org/10.53730/ijhs.v8nS1.14860>
- Yuriah, S., & Kartini, F. (2022). Factors Affecting With The Prevalence Of Hypertension In Pregnancy: Scoping Review. *Placentum: Jurnal Ilmiah Kesehatan Dan Aplikasinya*, 10(1), 1. <https://doi.org/10.20961/placentum.v10i1.54822>
- Yuriah, S., Kartini, F., & Isnaeni, Y. (2022). Experiences of women with preeclampsia. *International Journal of Health & Medical Sciences*, 5(3), 201–210. <https://doi.org/10.21744/ijhms.v5n3.1901>
- Yuriah, S., & Zahra, T. (2024). *Asuhan Kebidanan Komunitas Pada Ny. E G4p3a0 Usia Kehamilan 37 Minggu 3 Hari Dengan Anemia Ringan Di Wilayah Kerja Puskesmas Sekar Jaya*. 2(4).