

ABSTRACT

THE EFFECT OF GINGER DRINK ON REDUCING NAUSEA AND VOMITING IN BREAST CANCER PATIENTS THAT HAVE CHEMOTHERAPY WITH COMFORT THEORY APPROACH AT RSPAL DR RAMELAN SURABAYA

Patients with breast cancer often undergo treatment with chemotherapy which causes side effects, one of which is nausea and vomiting. The purpose of this study was to analyze the effect of ginger drink on reducing nausea and vomiting in breast cancer patients undergoing chemotherapy with a comfort theory approach.

The research design used a quasy experimental pre-post control group design with simple random sampling technique and the population of adult women aged 25-65 was 50 people with a sample of 44 respondents. The implementation of giving ginger drink is given simultaneously with a comfort theory approach which includes physical, psycho-spiritual, sociocultural and environmental was carried out for 3 days after chemotherapy by consuming 2 times for 1 day and then analyzed using the Wilcoxon and Mann Whitney test with a significant value of $p < 0.05$.

The results showed that before and after being given ginger drink with the comfort theory approach, a significance value of $= 0.000$ was obtained, where $p < 0.05$, which means H_0 was rejected, which means that there is an effect of ginger drink on reducing nausea and vomiting in breast cancer patients undergoing chemotherapy with a comfort theory.

Giving ginger water drink with a comfort theory approach can reduce nausea and vomiting in breast cancer patients undergoing chemotherapy and is expected to provide additional knowledge to medical surgical nursing about handling breast cancer patients undergoing non-pharmacological chemotherapy.

Keywords: comfort theory, Ginger, breast cancer, chemotherapy, nausea and vomiting