

Description of the Characteristics of Patients with Chronic Kidney Disease with Xerosis Cutis

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Abstract

Cuticular xerosis is a skin disorder that occurs in about 85% of CKD patients with symptoms such as the appearance of small to large scales, cracks, and inflammation. Xerosis cutis appears in CKD patients due to reduced size of the eccrine sweat glands and atrophy of the sebaceous glands. Xerosis cutis, if left untreated, can lead to more serious skin disorders and can affect the quality of life of the sufferer. Topical Gotu Kola can be used as a moisturizer because it contains humectant, emollient, and antioxidant properties. The objective of the study was determining the effect of topical *Centella asiatica* on dry skin in CKD patients. The type of research was to be carried out is quantitative research with a quasi-experimental design with a total sample of 21 people. The sample was selected using purposive sampling technique. The research instrument used was the Overall Dry Skin Score-Japan (ODSS-J) to assess the dry skin score. Statistical tests using the Wilcoxon test showed a p value of 0.000 ($p \text{ value} \leq \alpha 0.05$) which indicates that there is an effect of topical *Centella asiatica* administration on dry skin in CKD patients. Thus *Centella asiatica* topical can be used as an alternative non-pharmacological therapy in overcoming dry skin in CKD patients. There was an effect with a mean value of xerosis cutis before intervention 2.43 and after intervention 1.29.

Keywords

Centella Asiatica, Chronic Kidney Disease, Topical, Xerosis Cutis