

PENERAPAN *EVIDENCE BASED NURSING ICE COLD WATER SPRAY* DAN *PARAFFIN OIL* TERHADAP RASA HAUS DAN KENYAMANAN ORAL PASIEN POST OPERASI ICU RSPAD GATOT SOEBROTO

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Abstrak

Rasa haus dan ketidaknyamanan oral merupakan masalah umum pada pasien postoperatif laparotomi di ICU akibat puasa praoperatif, efek anestesi, pemasangan ETT, serta pembatasan asupan oral. Kondisi ini dapat menurunkan kenyamanan, meningkatkan stres fisiologis, dan menghambat pemulihan. Studi kasus ini bertujuan menganalisis efektivitas *Ice cold water spray* dan *Paraffin oil* sebagai *Evidence Based Nursing* (EBN) dalam menurunkan rasa haus dan meningkatkan kenyamanan oral. Pengkajian dilakukan melalui penilaian subjektif pasien serta observasi kondisi oral sebelum dan sesudah intervensi. Studi diterapkan pada dua pasien dengan mempertimbangkan usia, jenis kelamin, BMI, diagnosis, cairan dan perdarahan intraoperatif, skor APACHE II, serta tanda vital. Instrumen yang digunakan adalah *Numeric Rating Scale* (NRS) untuk mengukur skala haus (0–10) dan kenyamanan oral (0–10). Hasil menunjukkan perbaikan bermakna: pada Tn. J skala haus menurun dari 9 menjadi 2 dan kenyamanan meningkat dari 2 menjadi 9, sedangkan pada Ny. V skala haus turun dari 10 menjadi 2 dan kenyamanan meningkat dari 2 menjadi 9. Efektivitas ini diperoleh karena *Ice cold water spray* memberikan sensasi dingin yang merangsang reseptor haus, sedangkan *Paraffin oil* membantu melumasi dan menjaga kelembapan mukosa. Intervensi berbasis bukti ini terbukti aman, sederhana, dan dapat diterapkan sebagai pendekatan nonfarmakologis dalam meningkatkan kenyamanan pasien postoperatif di ICU.

Kata Kunci : *Ice cold water spray*, Kenyamanan Oral, *Paraffin oil*, Postoperatif Laparatomi, Rasa Haus

**THE IMPLEMENTATION OF EVIDENCE BASED NURSING
USING ICE COLD WATER SPRAY AND PARAFFIN OIL ON
THIRST AND ORAL COMFORT IN POSTOPERATIV PATIENTS
IN THE ICU OF RSPAD GATOT SOEBROTO**

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Abstract

Thirst and oral discomfort are common issues among postoperative laparotomy patients in the ICU, largely caused by preoperative fasting, anesthetic effects, endotracheal tube insertion, and restricted oral intake. These problems can reduce patient comfort, increase physiological stress, and potentially delay recovery. This case study aims to evaluate the effectiveness of Ice cold water spray and Paraffin oil as Evidence-Based Nursing (EBN) interventions to relieve thirst and improve oral comfort. Assessments were carried out through patients' subjective reports and observation of oral conditions before and after the interventions. The study included two patients, with consideration of age, sex, BMI, diagnosis, intraoperative fluid administration, bleeding, APACHE II score, and baseline vital signs. The Numeric Rating Scale (NRS) was used to measure thirst intensity (0–10) and oral comfort (0–10). Results demonstrated notable improvements: in Mr. J, thirst decreased from 9 to 2 and oral comfort increased from 2 to 9, while in Mrs. V, thirst decreased from 10 to 2 and oral comfort rose from 2 to 9. The benefits of this intervention are linked to the cooling effect of Ice cold water spray, which stimulates thirst-modulating receptors, and the moisturizing effect of Paraffin oil, which helps lubricate and maintain mucosal moisture. These findings indicate that the combined intervention is safe, simple, and suitable as a nonpharmacological strategy to enhance postoperative comfort in ICU patients.

Keywords: *Ice cold water spray, Oral Comfort, Paraffin oil, Postoperative Laparotomy, Thirst*