

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Evidence Based Practice, 11 Agustus 2026**

Misriani

**Asuhan Kebidanan Berkesinambungan Pada Bayi Ny. S Dengan Penerapan
Pemberian Minyak Zaitun Untuk Pencegahan Ruam Popok (*Diaper Rash*)
Pada Bayi Baru Lahir Di PMB Ernita**

xii + 131 Halaman + 7 Tabel + 7 Lampiran

ABSTRAK

Ruam popok (*diaper rash*) merupakan gangguan kulit yang sering terjadi pada bayi akibat paparan urin dan feses, kelembapan, gesekan popok, serta perawatan kulit yang kurang tepat. Kondisi ini ditandai dengan kemerahan dan iritasi pada area popok yang dapat menyebabkan ketidaknyamanan pada bayi. Salah satu upaya nonfarmakologis yang dapat digunakan adalah minyak zaitun (*olive oil*) yang mengandung vitamin E, antioksidan, dan asam lemak esensial yang membantu menjaga kelembapan serta memberikan perlindungan pada kulit. Tujuan asuhan ini adalah memberikan asuhan kebidanan pada neonatus dengan penerapan minyak zaitun dalam mengatasi ruam popok. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan kebidanan meliputi pengkajian, perencanaan, pelaksanaan, dan evaluasi. Intervensi dilakukan melalui edukasi perawatan area popok serta pemberian minyak zaitun setelah kulit dibersihkan dan dikeringkan. Hasil menunjukkan terdapat ruam popok sebesar 20% pada kunjungan neonatus kedua. Setelah penerapan minyak zaitun selama lima hari, ruam berangsur menurun hingga tidak ditemukan ruam dan warna kulit kembali normal. Ibu juga mampu menerapkan perawatan kulit dan pencegahan ruam popok secara mandiri sesuai anjuran. Kesimpulannya, penerapan minyak zaitun dapat membantu mengatasi ruam popok pada bayi serta mendukung perawatan kulit bayi. Saran diharapkan tenaga kesehatan dapat menerapkan minyak zaitun sebagai salah satu upaya nonfarmakologis dalam pencegahan dan penanganan ruam popok serta memberikan edukasi kepada ibu mengenai perawatan kulit bayi yang tepat, menjaga kebersihan dan kekeringan area popok, serta melakukan pemantauan kondisi kulit bayi secara berkala.

Kata Kunci : Bayi, (*Diaper Rash*), Minyak Zaitun, Terapi Nonfarmakologi
Daftar Bacaan : 28 (2019-2025)

**MIDWIFE PROFESSION STUDY PROGRAM FACULTY OF MIDWIFERY
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Continuous Midwifery Care for Mrs. R's Infant Through the Application of Olive Oil to Prevent Diaper Rash in Newborns at Ernita Midwifery Practice

xii + 131 schemes + 8 table + 7 appendixes

ABSTRACT

Diaper rash is a common skin disorder in infants caused by exposure to urine and feces, excessive moisture, friction from diapers, and improper skin care. This condition is characterized by redness and irritation in the diaper area, which may cause discomfort to the infant. One non-pharmacological approach that can be used is olive oil, which contains vitamin E, antioxidants, and essential fatty acids that help maintain skin moisture and provide skin protection. The purpose of this care was to provide midwifery care to a neonate through the application of olive oil to manage diaper rash. The method used was a case study with a midwifery care approach consisting of assessment, planning, implementation, and evaluation. The intervention included education on diaper area care and the application of olive oil after the skin was cleaned and dried. The results showed that diaper rash was present at 20% during the second neonatal visit. After applying olive oil for five days, the rash gradually decreased until no rash was observed and the skin color returned to normal. The mother was also able to independently perform appropriate skin care and prevent diaper rash according to the recommendations. In conclusion, the application of olive oil can help manage diaper rash in infants and support proper infant skin care. It is recommended that health workers apply olive oil as one of the non-pharmacological approaches to prevent and manage diaper rash and provide mothers with education regarding proper infant skin care, maintaining cleanliness and dryness of the diaper area, and regularly monitoring the infant's skin condition.

Keywords : Infant, (Diaper Rash), Olive Oil, Non-Pharmacological Therapy
References : 28 (2019–2025)