

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Studi Literature Review, Desember 2024**

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***Literature Review: Pengaruh Jahe Terhadap Penurunan Mual Muntah
Pasien Post Kemoterapi***

Xii + 36 Halaman + 2 Gambar + 3 Tabel + 5 Lampiran

ABSTRAK

Kanker ialah kumpulan penyakit yang ditandai dengan tumbuh dan menyebarnya sel yang tidak terkendali serta sel-sel tidak normal. Adapun cara dalam pengobatan untuk melawan kanker yakni dengan kemoterapi. Kemoterapi merupakan terapi dengan agen sitotoksik yang dapat menghambat pertumbuhan sel yang membelah cepat baik sel kanker ataupun sel normal dalam tubuh. Efek samping dari kemoterapi yang bervariasi namun dampak yang paling sering terjadi pada pasien dengan kemoterapi yaitu mual muntah. Salah satu hal yang dapat dilakukan untuk mengurangi dampak kemoterapi secara non –farmakologis yaitu dengan pemberian jahe. Adapun tujuan melakukan kajian *literature review* ini yaitu untuk menelaah pengaruh jahe terhadap mual muntah pasien post kemoterapi dengan melihat dosis pemberian, dan cara pemberian. Desain yang digunakan dalam systematic literature review ini yaitu dengan strategi pencarian artikel yaitu *Pubmed*, *Science Direct*, *Open Alex*, dan *Google Scholar* menggunakan keyword “*Ginger*” dan “*Nausea and Vomiting*” atau “*ginger*” dan “*chemotherapy*”. Dengan jumlah artikel yang dihasilkan sebanyak 12 artikel yang menyatakan jahe efektif dalam menurunkan mual muntah pada pasien post kemoterapi.

Kata Kunci : Jahe, Mual Muntah, Dan Post Kemoterapi
Daftar Bacaan: 40 (2019 – 2024)

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Literature Review , December 2024**

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**Literature Review: The Effect of Ginger on Reducing Nausea and Vomiting in
Post-Chemotherapy Patients**

Xii + 36 Pages + 2 Picture + 3 Tables + 5 Appendices

ABSTRACT

Cancer is a group of diseases characterized by the uncontrolled growth and spread of cells and abnormal cells. One way to treat cancer is chemotherapy. Chemotherapy is a therapy with cytotoxic agents that can inhibit the growth of rapidly dividing cells, both cancer cells and normal cells in the body. The side effects of chemotherapy vary, but the most common impact in patients with chemotherapy is nausea and vomiting. One thing that can be done to reduce the impact of chemotherapy non-pharmacologically is by administering ginger. The purpose of this literature review is to examine the effect of ginger on nausea and vomiting in post-chemotherapy patients by looking at the dosage and method of administration. The design used in this systematic literature review is the article search strategy, namely Pubmed, Science Direct, Open Alex, and Google Scholar using the keywords "Ginger" and "Nausea and Vomiting" or "ginger" and "chemotherapy". With the number of articles produced as many as 12 articles stating that ginger is effective in reducing nausea and vomiting in post-chemotherapy patients. Cancer is a group of diseases characterized by the uncontrolled growth and spread of cells and abnormal cells. There is a way to treat cancer, namely chemotherapy. Chemotherapy is a therapy with cytotoxic agents that can inhibit the growth of rapidly dividing cells, both cancer cells and normal cells in the body. The side effects of chemotherapy vary, but the most common impact in patients with chemotherapy is nausea and vomiting. One thing that can be done to reduce the impact of chemotherapy non-pharmacologically is by administering ginger. The purpose of this literature review is to examine the effect of ginger on nausea and vomiting in post-chemotherapy patients by looking at the dosage and method of administration. The design used in this systematic literature review is the article search strategy, namely Pubmed, Science Direct, Open Alex, and Google Scholar using the keywords "Ginger" and "Nausea and Vomiting" or "ginger" and "chemotherapy". With the number of articles produced as many as 12 articles stating that ginger is effective in reducing nausea and vomiting in post-chemotherapy patients.

Keywords: Ginger, Nausea and Vomiting, and Post Chemotherapy

References : 40 (2019 – 2024)