



EFFECT OF PERIANAL TREATMENT WITH BABY OIL ON REDUCING THE DEGREE OF DIAPER DERMATITIS IN INFANTS

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ABSTRACT

Diaper dermatitis is a skin problem in the perianal area. It is caused by skin contact with urine and feces in the diaper. Baby oil is considered to have a good treatment effect, especially with high levels of unsaturated fat as a protector, so that urine and dirt do not stick directly to the skin that causes irritation. This research method used a quasi-experimental. The population is all infants with diaper dermatitis in the working area of PUSKESMAS (Public Health Center) Bajeng, Gowa Regency, as many as 21 people. The examination was conducted by purposive sampling with 20 respondents. This research was conducted for 25 days using an observation sheet as a research instrument. Statistical test using Paired t-test, with the determined value of $p = 0.000$, simpler than $= 0.05$. The results showed that there was an effect of perianal treatment with baby oil on reducing the degree of diaper dermatitis in infants. From this research, it can be concluded that the occurrence of diaper dermatitis in infants is affected by skin contact with wet diapers, waste compounds, and the type of diaper used. Perianal treatment is carried out routinely using baby oil every post-defecation and urination for 6 days, making the infants' skin remain intact, dry, odorless, and produces residual protein so that it is not easily absorbed in the skin.

Keywords: baby oil; diaper dermatitis; perianal treatment

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INTRODUCTION

Since the beginning of the twentieth century, people have used various beauty care products ranging from daily routines to the end of their experiences. Recently, the display of goods for children has reached 630 million US dollars (Tjokronegoro A.& Utama H., (2002), n.d.). A child's health depends on the mother who takes care of it. Considering that the strength of a child's skin also reflects the psychological health, which ensures the growth and development of the child as well, it is essential to pay attention to the baby and child's skin from birth. The spread of various corrective materials such as baby oil and clothing should be selected carefully, so as not to cause skin problems (Tjokronegoro A.& Utama H., (2002), n.d.). One of the cures is to avoid illness by instructing the mother to stay at home (Muslihatun W.N., (2010), n.d.).

A mother carries out child hygiene care by utilizing modern materials such as diapers for children to collect (pee) and feces (stool) thereby preventing seepage when urinating or defecating. However, the child's skin is not ready to adapt to the specific conditions due to skin contact with urine and feces caused by the use of diapers, leading to diaper rash (diaper

dermatitis), which is a skin problem occurring in the perianal area. One type of perianal treatment for diaper dermatitis is by using baby oil as a protector to avoid direct skin contact with urine and feces because these components causes irritation (Bobak, Lowdermik, Jensen., (1995), n.d.). Despite various efforts to get the best diaper, diaper dermatitis is still one of the skin problems found in infants and children. About half of children and infants have diaper dermatitis. From information obtained at PUSKESMAS Bajeng in 2018, the number of toddlers was 1,070 people, and diaper dermatitis sufferers were 35 people, and in 2019 there were 1147 toddlers and 51 diaper dermatitis sufferers. The fact is, in 2020 the number of toddlers is 1,020 people, and 138 people are affected by diaper dermatitis. Considering the results of previous research conducted in the pediatric room at RSU dr. Soetomo Surabaya (2004) on treatment with baby oil showed that one respondent (10%) experienced mild dermatitis and nine people (90%) did not experience dermatitis. Even though treatment with baby oil has been carried out, it turns out that there is still 1 respondent who has mild dermatitis (Ahmad W.P., (2008), n.d.).

From these researches, researchers are interested in conducting research under the title "The effect of perianal treatment with baby oil on reducing the degree of diaper dermatitis in infants at PUSKESMAS Bajeng, Gowa Regency". Infants have broad and complex problems, especially skin problems. All babies have extremely sensitive skin in the first months. Thinner skin conditions in infants make them powerless against disease, irritation and sensitivity. Especially on newborn skin that has not been formed and functions properly. One of the problems that often occur in infants and toddlers is skin problems. Many factors cause diaper dermatitis, including exposure to urine, feces and also caused by the strain and long contact of the diaper. Diaper dermatitis occurs because the skin is often wet with sweat, urine, and baby feces, so it is easier for the skin to be exposed to the diaper material, and the skin becomes irritated. The disorder is caused by pH increase in the skin by urine, the action of protease and lipase from the child's defecation (Hidayat A.A.A, (2007), n.d.). Diaper dermatitis or diaper rash is a skin problem arising due to irritation of the body covered by diapers. In general, this disease occurs in the skin folds of the thighs, between the buttocks, and various parts of the skin.

The diaper-covered area is effectively lit up as the skin becomes warm, moist, and sensitive to microorganisms and other things that aggravate it. Diaper dermatitis is divided into 3 degrees, ranging from mild, moderate, to severe. The effects of dermatitis make the child anxious and cry so that the child prefers not to be breastfed by the mother, and the child cannot rest, thus evoking the child's weight down. When it happens, children should get serious attention (Haws P.S., (2007), n.d.). Perianal treatment using baby oil keeps the child's skin dry, and the residual protein is not easily absorbed into the skin so the pH of the skin is typical. Perianal treatment using baby oil can reduce the occurrence of diaper dermatitis because baby oil has a good treatment effect. Baby oil contains a high level of unsaturated fats such as glycerin, tocopheryl acetate (nutrition E), chamomile, and zinc oxide removal. Anticipation of diaper dermatitis is cleaning the area covered with diapers or after urination or defecation using baby oil to keep urine from sticking to the skin and facilitating the expulsion of meconium (Chasanah, V.N, dan Umamah, n.d.). Every parent will do the best for their child, especially with his comfort and happiness, including choosing the best diaper for their child. Children's diapers have various kinds and types according to their needs. In this way, it is required to focus on choosing a diaper according to his age so that the exposed skin is comfortable and does not deteriorate. Starting from choosing diapers, depending on their age between 0-3 Months. At an early age 0-3 months, the child's skin is still very delicate, so it is essential to find a soft and comfortable diaper. They will know how to slide, stand, walk, and play.

Therefore, at this age, it is better to use pants diapers so that their movements are flexible. We should choose diapers with a pH balance and make the skin moistured (cumberlandswand com, n.d.)

METHOD

The type of research used is quasi-experimental, which is a re-treatment design (one group pre and post test design) by observing pre and post treatment of the subject group. The difference in measurement results is the effect of treatment. Population and sample. The population is a newborn with diaper dermatitis in the working area of PUSKESMAS Bajeng, Gowa Regency, as many as 21 people. This research used non-probability sampling with a purposive sampling technique, and the research instrument used is observation. The research instrument consists of 2 parts, namely part A contains biodata of respondents, part B relates to observations on the state of diaper dermatitis pre and post perianal treatment with baby oil by giving a checklist.

RESULTS

Perianal treatment using baby oil to reduce the degree of diaper dermatitis which is carried out every diaper time, the number of respondents is 20 infants. Perianal care was carried out on various occasions and then observed for 6 days. Perianal treatment is carried out using baby oil in every post-defecation and urination for 6 days, where the decrease in skin rashes begins on the third day, especially the child's skin has started to dry and there is no itching after the sixth day. Then restore the baby's skin color to pale pink. According to (Tjokronegoro A.& Utama H., (2002), n.d.) Diaper dermatitis can heal in 3-6 days if treated properly. Based on the combined sample t-test, the value of $p = 0.000$ determined is simpler than the value = 0.05. This implies that there is an effect of perianal care with baby oil on reducing the degree of diaper dermatitis in infants in the working area of PUSKESMAS Bajeng, Gowa Regency.

DISCUSSION

Diaper dermatitis is a skin rash around the genitals of diapers with varying degrees from mild, moderate, and severe. Rash on the skin occurs on direct contact with the skin, such as the curved surface of the skin, underside, inner thighs, mons pubis, and scrotum, as well as the deep skin folds can be infiltrated by synthetic irritants, especially urine and feces (Sediaoetama A.D., (2008), n.d.). Perianal treatment using baby oil to reduce the diaper dermatitis degree is carried out every time the child wears a diaper, with the number of respondents being 20 infants. Perianal care was performed at various moments and observed for six days (Whaley J., Simkin P., Keppler., n.d.). Table 6 shows the degree of diaper dermatitis before treatment (pre-test), no dermatitis with 0 respondents (0%), mild diaper dermatitis with 18 respondents (90%), moderate diaper dermatitis with 2 respondents (10%), and severe diaper dermatitis with 0 respondents (0 %).

This is in line with (Tjokronegoro A.& Utama H., (2002), n.d.) stated that the thinner the skin, the more susceptible it is to irritation, contamination, and sensitivity. About half of newborns and babies who use diapers have experienced diaper dermatitis. While table 6 shows that after treatment with baby oil, there was a decrease to no dermatitis with 17 respondents (85%), mild diaper dermatitis with 2 respondents (10%), moderate diaper dermatitis with 1 respondent (5%), severe diaper dermatitis with 0 respondents (0%). Perianal treatment with baby oil is carried out every post-defecation and urination for six days. On the third day, the child's skin begins to dry and recovers after the sixth day. Then restore the baby's skin color to pale pink. It is in line with (Whaley J., Simkin P., Keppler A.,(2005), n.d.) who state that diaper dermatitis can heal in 3-6 days if treated properly. (Sudarti & Endang K., (2010), n.d.) state that to overcome skin problems with diaper dermatitis, use a q-tip that contains (oil).

Baby oil is used in the treatment of diaper dermatitis, which contained glycerin which is an osmotic agent with oils and lotions and is often used as a medicine, tocopheryl acetate, and nutrition E which functions as a normal cancer prevention agent by providing cell protection against the powerful peroxide power, damage in tissues, removal of chamomile for the prevention and treatment of diaper dermatitis, and zinc oxide used for environmental therapy as a guarantee against skin inflammation, and thin abrasion on the wound (Addy D.P., (1988), n.d.). It is in line with the examination in the pediatric room of a general hospital (Sediaoetama A.D., (2008), n.d.) stated that the treatment using baby oil showed that nine respondents (90%) did not have dermatitis and one respondent (10%) had mild dermatitis. In cases of severe dermatitis in infants, sleep pattern disturbances can occur in children, so the child or baby feels uncomfortable and restless (Sriyanah et al., 2022)

CONCLUSION

The incidence of diaper dermatitis in infants is affected by prolonged contact with wet diapers, faecal enzymes and the type of diaper used. Perianal treatment is carried out routinely using baby oil every post-defecation and urination for 6 days, keeps the baby's skin dry, and prevents ammonia and faecal enzymes from being easily absorbed into the skin, so it effectively reduces the diaper dermatitis. Based on the paired t test, the results showed that there was an effect of perianal care with baby oil on reducing the degree of diaper dermatitis in infants.

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