

ABSTRACT

**THE EFFECT OF GARRA RUFA CARE THROUGH SKIN INTEGRITY
OF CONTACT DERMATITIS ON ELDERLY**

Quasy Experiment

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Contact dermatitis is a significant cause of skin disease in elderly. Sign of contact dermatitis in the elderly that often found are erythema, papule, erosion and lichenification. One of the risk factor of contact dermatitis in elderly in the parlors is a bad personal hygiene. This study aimed to examine influence of Garra rufa care through skin integrity of contact dermatitis in the elderly.

This study was a quasy experimental using pretest-posttest control group design. The population aged between 60 to 89 years old (elderly), the experience was conducted at UPTD Griya Werdha Jambangan and UPT Pelayanan Sosial Trensia Werdha Pasuruan with 22 respondents in total. Data were collected by observation then analyzed with significance of $< 0,05$ *Wilcoxon* sign rank test and *Mann Whitney U* test.

The results showed that Garra rufa care has an effect by improve skin integrity (erythema, papules, erosion, and lichenification) on the groups of 3 minutes ($p = 0.046$) and on the groups of 5 minutes (erythema $p = 0,014$; papules $p = 0,25$; erosion $p = 0,34$, lichenification $p = 0.14$).

Garra rufa care could help to improve the elderly skin integrity if it used routinely and in accordance with the implementation procedure. Garra rufa care, topical drug, and maintain personal hygiene (bathroom habits) are nursing manajement which should be continued and applied regularly to achieve optimal results.

Key words: elderly, contact dermatitis, Garra rufa care, Garra rufa, care