

ABSTRAK

PENGARUH *mouthwash* DISERTAI MENGUNYAH PERMEN KARET *xylitol* TERHADAP PH SALIVA, LAJU ALIRAN SALIVA DAN *xerostomia* PADA PASIEN YANG MENJALANI HEMODIALISIS**Oleh: Alfrida Samuel Ra'bung**

Pendahuluan: Intervensi *mouthwash* larutan *baking soda* 1% dan mengunyah permen karet *xylitol* diketahui dapat meningkatkan pH saliva, meningkatkan laju aliran saliva dan menurunkan *xerostomia*, namun belum ditemukan adanya penelitian yang membuktikan efektifitasnya jika kedua intervensi ini digabungkan untuk mengatasi *xerostomia*. Tujuan penelitian adalah menjelaskan pengaruh *mouthwash baking soda* 1% disertai mengunyah permen karet *xylitol* terhadap pH saliva, laju aliran saliva, dan *xerostomia* pada pasien yang menjalani hemodialisis. **Metode:** Penelitian menggunakan *quasi eksperiment* dengan rancangan *pre – post test control group design*. Populasi pasien yang menjalani hemodialisis di RSUD Undata dan RSUD Anutapura Palu pada bulan februari 2019 sebanyak 149 orang. Teknik pengambilan sampel menggunakan *simple random sampling* dan jumlah responden yang sesuai dengan kriteria inklusi adalah sebanyak 69 responden. Intervensi *mouthwash baking soda* 1% disertai mengunyah permen karet *xylitol* dilakukan 3 hari sehari setelah makan berat selama 2 minggu. Alat ukur *xerostomia* menggunakan SXI-D, laju aliran saliva menggunakan *spitting method* dan pH saliva menggunakan *pH strips paper*. Analisis data menggunakan uji manova. **Hasil:** Terdapat perbedaan pH saliva $p < 0,001$ ($p < 0,05$), laju aliran saliva $p < 0,001$ ($p < 0,05$) dan perbedaan *xerostomia* $p < 0,001$ ($p < 0,05$) sebelum dan setelah intervensi *mouthwash* disertai mengunyah permen karet *xylitol*. **Kesimpulan:** Intervensi *mouthwash* disertai mengunyah permen karet *xylitol* dapat meningkatkan pH saliva, meningkatkan laju aliran saliva dan menurunkan *xerostomia* pada pasien yang menjalani hemodialisis.

Kata kunci: *mouthwash baking soda*, mengunyah permen karet *xylitol*, *xerostomia*, laju aliran saliva, ph saliva, hemodialisis.

ABSTRACT**THE EFFECTS OF MOUTHWASH WITH CHEWING XYLITOL GUM TO PH SALIVA, SALIVA FLOW RATE AND XEROSTOMIA IN PATIENTS HEMODIALYSIS**

By: Alfrida Samuel Ra'bung

Introduction: The intervention of 1% mouthwash of baking soda and chewing xylitol gum was known to increased salivary pH, increased salivary flow rates and reduced xerostomia, but no studies have been found to prove its effectiveness if these two interventions are combined to overcome xerostomia. The aim of the study was to explain the effect of 1% mouthwash baking soda with chewing xylitol gum on salivary pH, salivary flow rate, and xerostomia in patients underwent hemodialysis. **Method:** The study used a quasi-experimental design with a pre-post test control group design. The population was 149 patients underwent hemodialysis at both Undata Hospital and Anutapura Hospital in Palu in February 2019. The sampling technique used simple random sampling and the number of respondents who fit the inclusion criteria was 69 respondents. The intervention of 1% mouthwash baking soda with chewing xylitol gum was carried out 3 times a day after heaving meals for 2 weeks. The instrument used in this study were: SXI-D for measuring Xerostomia, while the spitting method was used for measuring salivary flow rate and pH strips paper was used for measuring salivary pH. Data analysis was used the manova test. **Results:** There were differences in p salivary pH 0.001 ($p < 0.05$), p salivary flow rate 0.001 ($p < 0.05$) and differences in xerostomia p 0.001 ($p < 0.05$) before and after mouthwash intervention accompanied by chewing xylitol gum. **Conclusion:** Mouthwash interventions with chewing xylitol gum can increase salivary pH, increase salivary flow rates and reduce xerostomia in patients undergo hemodialysis.

Keywords: mouthwash baking soda, chewing xylitol gum, xerostomia, salivary flow rate, salivary pH, hemodialysis.