EDUCATION ON THE APPLICATION OF OLIVE OIL TO REDUCE PRURITUS IN HEMODIALYSIS PATIENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background: *Pruritus is an itching sensation of the skin that triggers the urge to scratch and is commonly experienced by hemodialysis patients. According to Kusuma and Eriyanti (2025), pruritus is one of the most frequently reported complaints among hemodialysis patients, with a prevalence ranging from 50% to 90%. This condition not only causes physical discomfort due to excessive scratching, which may lead to skin injury and infection, but also affects sleep quality, psychological well-being, and overall quality of life.* ***Objective:*** *This project aimed to develop a booklet as an educational medium regarding the application of olive oil to reduce the frequency of pruritus in hemodialysis patients.* ***Methods:*** *The educational media was developed using the Canva application, with careful consideration given to the appropriateness of the content, layout, illustrations, and visual design to ensure that the information was easy to understand..* ***Results:*** *The booklet entitled “Olive Oil: A Companion for Hemodialysis Patients” consists of 9 A5-sized pages. It was tested on three hemodialysis patients experiencing pruritus and was considered easy to understand, attractive, and helpful in enabling patients to understand and independently practice the application of olive oil.* ***Conclusion:*** *Education through booklet media was effective in improving patients’ knowledge regarding the application of olive oil and contributed to reducing the frequency of pruritus among hemodialysis patients. The booklet can be used as a practical and efficient alternative educational method to support non-pharmacological therapy in hemodialysis patients.*

Keywords: *Booklet, Education, Hemodialysis, Olive Oil, Pruritus*