THE USE OF LAVENDER AROMATHERAPY TO REDUCE NAUSEA AND VOMITING IN PATIENTS WITH NASOPHARYNGEAL CARCINOMA (NPC) UNDERGOING CHEMOTHERAPY AT LAVALETTE HOSPITAL IN MALANG : A CASE STUDY

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ABSTRACT

Nasopharyngeal Carcinoma (NPC) is a malignant tumor originating from the epithelial lining of the nasopharynx and is one of the most common head and neck cancers in Indonesia. Chemotherapy, the primary treatment for NPC, frequently causes side effects such as Nausea and Vomiting, which can impair nutritional intake and reduce patients' *Quality* of life. This study employed a case study design to analyze the implementation of lavender aromatherapy in reducing Nausea and Vomiting among patients with Nasopharyngeal Carcinoma undergoing chemotherapy at Lavalette Hospital, Malang. The subject of this study was one patient with NPC who experienced chemotherapy-induced Nausea and Vomiting. The intervention was carried out for five consecutive days, from January 31 to February 4, 2026, by administering lavender aromatherapy using a diffuser for 15–20 minutes once daily in the afternoon at approximately 4:00 p.m. before dinner. The *Severity* of Nausea and Vomiting was measured using the Rhodes Index of Nausea, Vomiting and Retching (INVR). The initial assessment on January 31, 2026, showed that the patient experienced Nausea, vomited three *Time*s, had a decreased appetite, and obtained an INVR score of 14 (moderate category). Following the implementation of lavender aromatherapy, the INVR score gradually decreased and reached 0 on the fifth day, February 4, 2026. The patient reported reduced Nausea, no episodes of Vomiting, improved appetite, and was able to consume almost the entire meal provided. The implementation of lavender aromatherapy proved to be an effective complementary therapy that is safe, easy to administer, and has the potential to improve patient comfort during chemotherapy. This intervention may be considered a supportive nursing strategy for managing chemotherapy-induced Nausea and Vomiting.

Keywords: Lavender Aromatherapy, Nasopharyngeal Carcinoma, Nausea, Vomiting, Chemotherapy