

**GIVING PEPPERMINT AROMATHERAPY TO REDUCE NAUSEA
VOMITING IN PATIENTS POSTMASTECTOMY SURGERY IN THE
BIMA ROOM RSUD NGUDI WALUYO WLINGI**

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ABSTRACT

Carcinoma Mammae or breast cancer is a malignant tumor that develops within the breast tissue. Modified Radical Mastectomy (MRM) is a surgical procedure performed as a treatment for breast cancer. Mastectomy is a surgical procedure that requires general anesthesia which can cause several uncomfortable side effects after surgery, one of which is nausea. Non-pharmacological therapy that can be done to reduce nausea is aromatherapy. Peppermint aromatherapy has carminative and antispasmodic properties that work on the small intestine in the digestive tract, so it can help relieve or eliminate nausea and vomiting. Descriptive case study research method with a nursing care process approach which includes assessment, diagnosis, planning, and evaluation with data collection methods in the form of interviews, observations, physical examinations, and documentation studies. Nursing care data is presented in a narrative accompanied by analysis, tables and graphs. Giving peppermint aromatherapy for 3 days to patients showed a decrease in nausea and vomiting, a decrease in RINVR scores in patients, decreased sour mouth, improved pulse frequency and increased appetite. It is hoped that health workers can apply as an alternative nonpharmacological intervention for post mastectomy patients with nausea problems.

Keywords: Nausea, Post Mastectomy, Peppermint Aromatherapy