

## INTISARI

**Latar Belakang:** Kanker merupakan penyakit tidak menular yang telah menjadi masalah kesehatan di dunia dan menjadi penyebab kematian kedua setelah penyakit kardiovaskular. Kemoterapi bertujuan untuk mencegah sel kanker berkembang dan membunuh sel kanker. Selain menyerang sel kanker, obat kemoterapi juga menyerang sel normal dan menyebabkan berbagai macam efek samping seperti mual, muntah, diare, mukositis dan lain-lain. Pasien menggunakan berbagai macam *Self-care management* untuk mengatasi efek samping yang dialami. Banyak dilakukan penelitian mengenai efek samping kemoterapi dan bagaimana cara untuk mengatasi efek samping kemoterapi, sehingga update pengetahuan mengenai *Self-care management* perlu untuk dilakukan.

**Tujuan Penelitian:** penelitian ini bertujuan untuk mengetahui berbagai macam *Self-care management* untuk mengatasi efek samping kemoterapi dan dampak pada penurunan efek samping kemoterapi.

**Metode:** Penelitian ini merupakan penelitian literature review. Penelitian ini dilakukan dengan mencari artikel penelitian di database jurnal elektronik yaitu Chocrane, Clinical Key, EBSCO Host: Medline full text, Science Direct dan PubMed.

**Hasil:** Didapatkan 11 artikel dari 5 database elektronik. Hasil analisis mendapatkan jenis *Self-care management* yang dapat dilakukan untuk mengatasi efek samping kemoterapi dapat dibagi menjadi 4 : pengelolaan diet, pengelolaan pikiran & tubuh, pengobatan tambahan dan lain-lain (oral care untuk sariawan dan penggunaan wig untuk rambut rontok).

**Kesimpulan:** Berbagai macam *Self-care management* dapat dilakukan untuk mengatasi efek samping kemoterapi. Antara lain pengelolaan makanan, pengelolaan tubuh seperti olahraga, pengelolaan pikiran seperti meditasi, pengobatan tambahan dan lain-lain

**Kata kunci:** efek samping, kemoterapi, *self-care*

## ABSTRACT

**Background:** Cancer is a non-communicable disease that has become a health problem in the world and is the second leading cause of death after cardiovascular disease. One treatment for cancer is chemotherapy. Chemotherapy aims to prevent cancer cells from developing and to kill cancer cells. In addition to attacking cancer cells, chemotherapy medicine also attacks normal cells and causes various side effects such as nausea, vomiting, diarrhea, mucositis, and others. Patients use a variety of self-care management to overcome the side effects experienced. Many research on the side effects of chemotherapy and how to overcome the side effects of chemotherapy have been conducted; therefore, the knowledge update about self-care management is urgently necessary to be done.

**Research Objective:** This study aims to identify the various kinds of self-care management to overcome the side effects of chemotherapy and the effects on the decreased side effects of chemotherapy.

**Method:** This research was a literature review research. This research was conducted by selecting research articles in electronic journals database Chocrane, Clinical Key, EBSCO Host: Medline full text, Science Direct, and PubMed.

**Findings:** This research obtained 11 articles from 5 electronic databases. The results of the analysis of side effects of chemotherapy can be divided into 4 categories namely collection of pain symptoms, fatigue, and sleep disorders; side effects that affect the diet; physical changes; and emotional changes. The types of self-care management that can be done to overcome the side effects of chemotherapy can be divided into 4, i.e. diet management, mind and body management, additional treatment and others (oral care for canker sores and the use of wigs for hair loss).

**Conclusion:** Various kinds of self-care management can be done to overcome the side effects of chemotherapy. Among other things are food management, body management such as exercise, mind management such as meditation, additional treatment, and others.

**Keywords:** chemotherapy, self-care, side effects