

# THE EFFECTIVENESS OF CHLORHEXIDINE AND HONEY AS MOUTHWASH LIQUIDS IN REDUCING HALITOSIS ON STROKE PATIENTS AT RSUD DR. SOEDARSO PONTIANAK

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**Submission date:** 28-Jan-2019 11:07PM (UTC-0400)

**Submission ID:** 1864421607

**File name:** Proceeding\_The\_3rd\_INHSP-LG3Ek.pdf (35.14K)

**Word count:** 402

**Character count:** 2200

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**ABSTRACT**

**Introduction:** Halitosis cases are commonly found in society especially in patients who suffer some illness that lead them to be in low consciousness stages or limited body movement like stroke. In this situation, the rule of a nurse is giving knowledge of oral hygiene and helping the patients when they are being hospitalized. Oral care is a key component of nursing care. One of the common things to do is mouthwash by using mouth wash liquids. In practice, the common liquid used for mouthwash is normal saline. Yet, the normal saline is believed to be not effective anymore and there are others liquids that possible to be used, those are Chlorhexidine and honey. **Objective:** This research aims to know the effectiveness of Chlorhexidine and honey as mouthwash liquids to reduce the halitosis problem. **Method:** Pretest-posttest randomized control group design was used to obtain the data. The research was conducted on 102 patients at RSUD. Dr. Soedarso that were divided again into three groups based on the treatment gotten. The treatment meant in this research is oral hygiene with different mouthwash liquids; normal saline, Chlorhexidine and honey. The result was analyzed by univariate and bivariate analysis. **Result:** Most of the halitosis cases were suffered by male patients with an average age about >54 years old. The average halitosis score of the patients before any treatment was 4 (estimated by using *Tanita Breath Checker* with the score range 0 (lowest score) to 5 (highest score)). After the treatment, both Chlorhexidine and honey showed positive results in reducing halitosis. The average Halitosis score before treatment in the Chlorhexidine group was 4 and after treatment, it turned into 1.5. In Honey group, the average Halitosis score before treatment was 4 and after treatment reduce to 1. The average analysis of the number of halitosis scores after treatment in the Honey group was higher than in the Chlorhexidine group of that us 2,305, whereas in the Chlorhexidine group was 2,277. **Conclusion:** Chlorhexidine and honey have similar characters with saline as antibacterial. They are effective in reducing halitosis problems, and the result is significant compared to saline.

**Keyword:** *Chlorhexidine, Halitosis, Honey, Mouthwash Liquids*

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