

ABSTRAK

ASUHAN KEPERAWATAN IBU NIFAS HARI KE-1 DENGAN *POSTSECTIO CAESAREA* (SC) DI RUANG FLAMBOYAN RSUD Dr. R. KOESMA TUBAN

Oleh:

Mariyah Ulfah

NIM. P27820516003

Sectio Caesarea (SC) merupakan salah satu tindakan persalinan dengan cara pembedahan kelahiran janin melalui insisi bedah dalam dinding abdomen dan uterus. WHO menetapkan standar rata-rata SC di sebuah negara adalah sekitar 5-15% per 1000 kelahiran di dunia. Dari data RSUD Dr. R. Koesma Tuban didapatkan jumlah ibu nifas post SC tahun 2016 terdapat 707, tahun 2017 terdapat 909 dan pada tahun 2018 terdapat 945 ibu. Penelitian ini bertujuan untuk mengetahui Asuhan Keperawatan Ibu Nifas Hari Ke-1 dengan *post sectio caesarea* di Ruang Flamboyan RSUD Dr. R. Koesma Tuban.

Metode penelitian *inideskriptif* dalam bentuk studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, pelaksanaan, dan evaluasi. Subyek dalam penelitian adalah dua ibu nifas hari ke-1 dengan post SC di Ruang Flamboyan RSUD Dr. R. Koesma Tuban.

Hasil studi kasus didapatkan diagnosa keperawatan sama pada klien 1 dan 2 yaitu nyeri akut berhubungan dengan trauma bedah SC / Post SC yang ditandai dengan adanya luka jahitan / luka bekas operasi SC, skala nyeri 4-5, nyeri seperti ditusuk-tusuk dan diremas-remas, klien tampak meringis, kondisi luka jahitan masih basah dan tertutup kasa serta di kasa ada rembesan darah sedikit pada klien 2. Setelah dilakukan asuhan keperawatan 3x24 jam nyeri dapat berkurang.

Nyeri yang tidak diatasi dengan adekuat mempunyai efek yang berbahaya bagi tubuh, terkadang juga mengganggu respons stres menjadi meningkat. Dengan pemberian asuhan keperawatan pada Ibu Nifas Hari Ke-1 dengan post SC diharapkan ibu mampu mengatasi rasa nyeri serta mendapat dukungan emosional dari keluarga yang selalu mendampingi klien saat nyeri dirasakan.

Kata Kunci : Asuhan Keperawatan, Ibu Nifas, *Sectio Caesarea*

ABSTRACT

NURSING CARE ON POSTPARTUM MOTHER WITH POST SECTION CAESAREA (SC) IN HER FIRST DAY IN ROOM FLAMBOYAN AT RSUD DR. R KOESMA TUBAN

**By:
Mariyah Ulfah
NIM. P27820516003**

Sectio Caesarea (SC) is the act of labor by means of fetal delivery through a surgical incision in the abdominal wall and uterus. WHO sets the standard for SC in a country to be around 5-15% per 1000 births in the world. From the data of Dr. R. Koesma Tuban found the number of post SC postpartum mothers in 2016 were 707, in 2017 there were 909 and in 2018 there were 945 mothers. This study aims to determine Mother with Post Section Caesarea (SC) in her First Day Puerperium in Room Flamboyan at RSUD Dr. R Koesma Tuban.

The research method used descriptive in the form of case studies with a nursing process approach included assessment, nursing diagnosis, planning, implementation, and evaluation. The subjects in the study were two postpartum mothers on their 1st day with post SC in Room Flamboyan at Dr. R. Koesma Tuban.

The results of the case study found the same nursing diagnoses on clients 1 and 2, namely acute pain associated with SC / Post SC surgical trauma which was characterized by the presence of suture wounds / SC scars, scales of pain was 4-5, pain such as stabbing and squeezing, the client looked grimace, the condition of the suture wound was still wet and covered in gauze and in the gauze there was little blood seepage in the client 2. After nursing care 3x24 hours, pain can be reduced.

Pain that is not adequately treated has a harmful effect on the body, sometimes also disturbing the stress response to increase. By giving nursing care to Postpartum Mother in her first day, it is expected that the mother is able to cope with pain and get emotional support from the family who always accompany the client when pain comes.

Keywords: Nursing Care, Postpartum Mother, Sectio Caesarea