

POLITEKNIK KESEHATAN TANJUNGPURUN  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, Mei 2022

Rahma Kartikasari

Asuhan Keperawatan Terhadap Ny. S dengan Gangguan Mobilitas Fisik pada Kasus *Post Sectio Caesarea* di Ruang Kebidanan RSUD Handayani Kotabumi, Lampung Utara Tanggal 21-23 Februari 2022

xvi + 53 halaman, 7 tabel, 2 gambar

### RINGKASAN

Menurut *World Health Organization* (WHO) angka kelahiran yang menggunakan prosedur operasi *Sectio Caesarea* bertambah tinggi di dunia dan melebihi kisaran 10% hingga 15 % disarankan. Amerika latin serta daerah Karibia menjadi negara dengan angka tertinggi dalam melakukan prosedur *Sectio Caesarea* yaitu 40, 5%, selanjutnya Eropa sebesar 25%, Asia sebesar 19,2%, serta Afrika sebesar 7,3% Di Indonesia berdasarkan hasil riset kesehatan dasar (RISKESDAS) pada tahun 2018 menyatakan terdapat 15,3% persalinan yang dilakukan melalui tindakan operasi. Provinsi tertinggi dengan persalinan melalui SC adalah DKI Jakarta (27,2%), Kepulauan Riau (24,7%), dan Sumatera Barat (23,1%). Rumusan masalah pada Laporan Tugas Akhir ini adalah bagaimana gambaran Asuhan Keperawatan terhadap Ny. S dengan Gangguan Mobilitas Fisik pada Kasus *Post Sectio Caesarea* di Ruang Kebidanan RSUD Handayani Kotabumi, Lampung Utara.

Tujuan penulisan Laporan Tugas Akhir ini adalah untuk memberikan Gambaran Asuhan Keperawatan Terhadap Ny. S dengan Gangguan Mobilitas Fisik pada Kasus *Post Sectio Caesarea* di Ruang Kebidanan RSUD Handayani Kotabumi, Lampung Utara Tanggal 21-23 Februari 2022

Hasil pengkajian yang didapatkan pada Ny. S klien mengatakan belum mampu untuk menggerakkan ekstremitas bawah, klien merasakan nyeri pada luka post operasi, skala nyeri 5, klien mengatakan tidak berani bergerak karena nyeri, nyeri bertambah saat bergerak takut luka bekas Post SC terbuka, klien tampak lemah, tidak mampu beraktivitas secara mandiri seperti ke toilet, mandi dan mengganti baju dibantu oleh keluarga serta penampilan klien tampak lusuh, klien tampak sulit untuk tidur karena nyeri pada sayatan bekas luka Post SC, frekuensi tidur klien 4jam/hari, klien mengatakan ASI belum keluar, payudara bengkak, puting menonjol, ASI tidak menetes. Diagnosa Keperawatan yang muncul adalah Gangguan Mobilitas Fisik, Defisit Perawatan Diri, Gangguan Pola Tidur dan Menyusui Tidak Efektif yang dilakukan perencanaan dan tindakan keperawatan sesuai dengan **SLKI Mobilitas Fisik, Perawatan Diri, Pola Tidur dan Status Menyusui, SIKI Dukungan Mobilisasi, Dukungan Perawatan Diri, Dukungan Tidur dan Edukasi Menyusui**. Setelah dilakukan tindakan keperawatan pada Ny. S selama tiga hari masalah klien teratasi.

Simpulan dari penulis didapatkan secara nyata tentang asuhan keperawatan kasus *Sectio Caesarea* pada Ny. S dengan Gangguan Mobilitas Fisik. Saran yang diberikan pada pihak RSUD Handayani diharapkan dapat dijadikan pedoman atau panduan bagi perawat di ruang kebidanan RSUD Handayani Kotabumi, Lampung Utara dalam memberikan pelayanan keperawatan dengan menggunakan proses Asuhan Keperawatan pada klien *Post Sectio Caesarea*.

Kata Kunci : Asuhan Keperawatan *Post Sectio Caesarea*, Gangguan Mobilitas Fisik

Sumber Bacaan : 20 (2008-2020)

POLITEKNIK KESEHATAN TANJUNG KARANG  
PRODI KEPERAWATAN KOTABUMI  
Final Project Report, May 2022

*Rahma Kartikasari*

*Nursing Care of Mrs. S with Impaired Physical Mobility in the Case of Post Sectio Caesarea in the Midwifery Room of RSU Handayani Kotabumi, North Lampung  
21-23 February 2022*

*xvi + 53 pages, 7 tables, 2 pictures*

**ABSTRACT**

*According to the World Health Organization (WHO), the birth rate using the Sectio Caesarea surgical procedure is higher in the world and exceeds the recommended 10% up to 15% range. Latin America and the Caribbean region are the countries with the highest rates of performing a Sectio Caesarea procedure, which is 40.5%, then Europe by 25%, Asia by 19.2%, and Africa by 7.3%. In Indonesia, based on the results of basic health research (RISKESDAS) in 2018, it was stated that 15.3% of deliveries were carried out through surgery. SC is DKI Jakarta (27.2%), Riau Islands (24.7%) and West Sumatra (23.1%). The formulation of the problem in this Final Project Report is how the description of Nursing Care for Mrs. S with Physical Mobility Disorders in the Case of Post Sectio Caesarea in the Midwifery Room at RSU Handayani Kotabumi, North Lampung.”*

*The purpose of writing this Final Project Report is to provide an Overview of Nursing Care for Ny. S with Impaired Physical Mobility in the Case of Post Sectio Caesarea in the Midwifery Room at Handayani Hospital Kotabumi, North Lampung, 21-25 February 2022.*

*The results of the study obtained on Mrs. S the patient said he had not been able to move the lower extremity, the patient felt pain in the postoperative wound, the pain scale was 5, the patient said he did not dare to move because of pain, the pain increased when he moved, he was afraid that the Post SC wound would open, the patient looked weak, unable to move independently such as going to the toilet, bathing and changing clothes assisted by the family and the patient's appearance looks shabby, the patient seems difficult to sleep because of pain in the Post SC scar incision, the patient sleeps frequency is 4 hours / day, the patient says breast milk has not come out, swollen breasts, prominent nipples, The milk doesn't drip.*

*Nursing diagnoses that arise are Physical Mobility Disorders, Self-Care Disorders, Sleep Pattern Disorders and Ineffective Breastfeeding which are planned and taken in accordance with **SLKI Physical Mobility, Self Care, Sleep Patterns and Breastfeeding Status, SIKI Mobilization Support, Self Care Support, Sleep Support and Breastfeeding Education**. After nursing action on Mrs. S for three days the patient's problem was resolved. The conclusion from the author is obtained significantly about nursing care in the case of Sectio Caesarea on Ny. S with Impaired Physical Mobility. The advice given to the Handayani Hospital is expected to be used as a guide or guide for nurses in the midwifery room at Handayani Hospital, Kotabumi, North Lampung in providing nursing services using the Nursing Care process for Post Sectio Caesarea patients.*

*Keywords : Post Sectio Caesarea Nursing Care, Impaired Physical Mobility  
Reading list : 20 (2008-2020)*