

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

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Asuhan Keperawatan Pasien dengan Gangguan Kebutuhan Aktivitas pada Kasus *Post Sectio Caesarea* terhadap Ny. S Di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara Tanggal 07-09 Maret 2022

xvii + 58 halaman, 8 tabel, 1 gambar

RINGKASAN

Persalinan adalah proses yang terjadi dimulai dari terbukanya leher rahim hingga proses keluarnya bayi serta plasenta melalui jalan lahir atau rahim (Pamilangan, Wantania, & Lumentut, 2020). Persalinan *sectio caesarea* bisa terjadi dikarenakan oleh beberapa sebab bisa berasal dari pihak ibu ataupun pihak bayi. Menurut World Health Organization (WHO) menetapkan persalinan dengan metode *Sectio Caesarea* 10%-15% untuk setiap negara. Hasil Riset Kesehatan Dasar (Riskesdas) 2018 menunjukkan prevalensi tindakan *Sectio Caesarea* pada persalinan adalah 17,6%, tertinggi di wilayah DKI Jakarta (31,3%) dan terendah di Papua (6,7%). Mobilisasi merupakan suatu kemampuan individu untuk bergerak secara bebas, mudah dan teratur dengan tujuan untuk memenuhi kebutuhan aktivitas dalam rangka mempertahankan kesehatannya. Tahapan mobilisasi dini *Post Sectio Caesarea* dimulai pada 6 jam pertama setelah *Sectio Caesarea*. Berdasarkan latar belakang diatas maka rumusan masalah pada Laporan Tugas Akhir adalah bagaimana gambaran Asuhan Keperawatan Pasien dengan Gangguan Kebutuhan Aktivitas pada kasus *Post Sectio Caesarea* terhadap Ny.S

Tujuan Laporan Tugas Akhir adalah memberikan gambaran tentang Asuhan Keperawatan Pasien dengan Gangguan Kebutuhan Aktivitas pada kasus *Post Sectio Caesarea* terhadap Ny.S di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara.

Hasil pengkajian pada kasus ini didapatkan data yaitu klien mengeluh sulit bergerak dan tidak nyaman karena terasa nyeri dan jika bergerak takut luka terbuka, klien tampak meringis, gerakan klien sangat terbatas seperti hanya bisa menggerakkan bagian kepala atau tangan saja, klien tampak lemah, klien mengatakan cemas ketika ingin menggerakkan kaki atau bagian bawah, klien mengatakan belum mampu untuk melakukan aktivitas secara mandiri masih dibantu oleh keluarga, klien tampak terpasang kateter urine. Perencanaan dan tindakan keperawatan yang dilakukan sesuai dengan SLKI mobilitas fisik, perawatan diri dan SIKI dukungan mobilisasi, dukungan perawatan diri : mandi. Setelah dilakukan tindakan keperawatan selama 3 hari masalah dapat teratasi.

Simpulan dari Laporan Tugas Akhir ini tidak semua yang ada pada tinjauan pustaka terdapat pada Ny. S dengan gangguan kebutuhan aktivitas pada kasus *Post Sectio Caesarea*

asuhan keperawatan pada kasus *Post Sectio Caesarea* sudah tercapai sesuai dengan tahapan proses keperawatan. Saran yang diberikan pada pihak RSUD Handayani Kotabumi diharapkan dapat meningkatkan pelayanan khususnya di ruang kebidanan dengan lebih memfasilitasi aktivitas mobilisasi sederhana pada kasus *Post Sectio Caesarea*. seperti melatih ROM, miring kanan miring kiri, duduk dan berjalan.

Kata kunci : Asuhan Keperawatan, Kebutuhan Aktivitas, *Post Sectio Caesarea*

Sumber bacaan : 26 (2010-2022)
TANJUNGPURBA HEALTH POLYTECHNIC
KOTABUMI NURSING PROGRAM STUDY
Final Project Report, May 2022

Mirna Kemala Putri
Nursing Care of Patients with Impaired Activity Needs in the Case of Post Sectio Caesarea Against Mrs. S in the Midwifery Room at Handayani Hospital Kotabumi North Lampung
Date 07-09 March 2022

xvii + 58 pages, 8 tables, 1 picture

ABSTRACT

Labor is a process that occurs starting from the opening of the cervix to the process of expulsion of the baby and placenta through the birth canal or uterus (Pamilangan, Wantania, & Lumentut, 2020). Sectio caesarea delivery can occur due to several reasons, it can come from the mother or the baby. According to the World Health Organization (WHO) stipulates delivery by Sectio Caesarea method 10%-15% for each country. %. The results of the 2018 Basic Health Research (Riskesdas) show the prevalence of Sectio Caesarea in childbirth is 17.6%, the highest in the DKI Jakarta area (31.3%) and the lowest in Papua (6.7%). Mobilization is an individual's ability to move freely, easily and regularly with the aim of meeting the needs of activities in order to maintain their health. The early mobilization stage of Post Sectio Caesarea begins in the first 6 hours after Sectio Caesarea. Based on the above background, the formulation of the problem in the Final Project Report is how the description of Nursing Care for Patients with Impaired Activity Needs in the case of Post Sectio Caesarea against Mrs. S

The purpose of the Final Project is to provide an overview of the Nursing Care of Patients with Impaired Activity Needs in the case of Post Sectio Caesarea against Mrs. S in the Midwifery Room at Handayani Hospital, Kotabumi, North Lampung.

The results of the assessment in this case obtained data, namely the client complained of difficulty moving and uncomfortable because it felt pain and if he moved he was afraid of an open wound, the client looked grimaced, the client's movements were very limited such as being able to only move the head or hands, the client looked weak, the client said anxious when they want to move their legs or bottom, the client says he has not been able to carry out activities independently and is still assisted by his family, the client appears to have a urinary catheter installed. Planning and nursing actions are carried out in accordance with the SLKI for physical mobility, self-care and SIKI mobilization support, self-care support: bathing. After nursing actions for 3 days the problem can be resolved.

The conclusion from this Final Project Report is not all that is in the literature review is found in Mrs. S with impaired activity needs in cases of Post Sectio Caesarea. Nursing care in the case of Post Sectio Caesarea has been achieved in accordance with the stages of the nursing process. The advice given to the Handayani Hospital in Kotabumi is expected to improve services especially in the midwifery room by facilitating simple mobilization activities in the case of Post Sectio Caesarea. such as training ROM, right tilt left tilt, sitting and walking.

Keywords : Nursing Care, Activity Needs, Post Sectio Caesarea
Reading source : 26 (2010-2022)