

Galuh Ramadhan, Asuhan Keperawatan Pasien Dengan Gangguan Rasa Nyaman Pada Kasus *Post Sectio Caesarea* Terhadap Ny. A Di Ruang Kebidanan Rsu Handayani Kotabumi Lampung Utara Tanggal 27-29 Maret 2023  
xvi+ 55 halaman, 8 tabel, 2 gambar

## RINGKASAN

*Sectio caesarea* adalah proses persalinan melalui pembedahan dengan memberikan irisan di perut ibu (laparatomi) dan rahim (histektomi) untuk mengeluarkan bayi. Tujuan penulisan laporan ini adalah memberi gambaran tentang Asuhan Keperawatan melalui tahap Pengkajian sampai Evaluasi pada Pasien dengan Gangguan Kebutuhan Rasa Nyaman Pada Kasus *Post SC* Terhadap Ny. A di Ruang Kebidanan RSU Handayani Kotabumi, Kabupaten Lampung Utara, Tanggal 27-29 Maret 2023.

Hasil pengkajian pada kasus ini didapatkan pasien mengeluh tidak nyaman karena nyeri post operasi (skala nyeri 7), pasien mengatakan tidak nyaman bergerak akibat rasa nyeri, Pasien mengatakan lemas, pasien tampak gelisah dan lemah, pasien tampak tidak rileks, pasien mengatakan ASI belum keluar, pasien mengatakan dirinya belum menyusui bayinya, payudara pasien tampak bengkak, ASI belum keluar, puting susu tampak menonjol, Pasien mengeluh sulit tidur karena nyeri yang dialami, pasien mengeluh tidak puas tidur, pasien mengatakan istirahat tidak cukup dan sering terjaga, pasien tampak sering menguap, pasien tidur 4 jam perhari. Diagnosa keperawatan yang ditegakkan gangguan rasa nyaman, menyusui tidak efektif, gangguan pola tidur yang dilakukan perencanaan dan tindakan keperawatan sesuai dengan label SLKI status kenyamanan (L.08064), status menyusui (L.03029), pola tidur (L.05045) dan label SIKI manajemen nyeri (I. 08238), edukasi teknik napas (I. 12452), edukasi menyusui (I. 12393), dukungan tidur (I. 05174) dan terapi murattal (I. 08249).

Simpulan setelah dilakukan tindakan keperawatan pada Ny. A selama 3 hari masalah pasien teratasi untuk diagnosa gangguan rasa nyaman, menyusui tidak efektif, gangguan pola tidur. Saran yang diberikan baik kepada praktisi keperawatan dan institusi rumah sakit maupun program studi adalah Tugas Akhir ini diharapkan dapat dijadikan sebagai pedoman atau panduan bagi perawat dijadikan literatur dan menambah referensi pustaka bagi institusi pendidikan, khususnya bagi mahasiswa dalam penyusunan Laporan Tugas Akhir pada Pasien *Post Sectio Caesarea* dengan Gangguan Rasa Nyaman.

Kata Kunci : Asuhan Keperawatan pasien post sectio caesarea,  
gangguan rasa nyaman  
Sumber Bacaan : 18 (2017-2022)

TANJUNG KARANG HEALTH POLYTECHNIC  
CITY NURSING STUDY PROGRAM  
Final Project Report, 25 May 2023

*Galuh Ramadhan, Nursing Care of Patients with Impaired Feelings of Comfort in the Case of Post Sectio Caesarea Against Mrs. A In the Midwifery Room of Rsu Handayani Kotabumi, North Lampung on March 27-29, 2023*  
*xvi+ 55 pages, 8 tables, 2 figures*

**ABSTRACT**

*Sectio caesarea is the process of giving birth through surgery by giving an incision in Sectio caesarea is generally performed when vaginal delivery is not possible. SC delivery has positive and negative impacts on the mother. The positive impact of SC action is that it can assist in childbirth if the mother cannot have vaginal delivery the mother's abdomen (laparotomy) and uterus (histerectomy) to remove the baby.. In addition, the negative impact is the feeling of discomfort due to incision pain. The purpose of writing this report is to provide an overview of Nursing Care through the Assessment to Evaluation stages in Patients with Disorders of the Need for Comfort in the Post SC Case of Ny. A in the Midwifery Room of RSU Handayani Kotabumi, North Lampung Regency, March 27-29 2023*

*The results of the study in this case found that the patient complained of discomfort due to postoperative pain (pain scale 7), the patient said he was uncomfortable moving due to pain, the patient said he was weak, the patient looked restless and weak, the patient did not seem relaxed, the patient said the milk had not come out, the patient said he had not breastfed his baby, the patient's breasts looked swollen, the milk had not come out, the nipples looked protruding, the patient complained of difficulty sleeping because of the pain he experienced, the patient complained of dissatisfaction with sleep, the patient said he did not get enough rest and was often awake, the patient seemed to yawn frequently, The patient sleeps 4 hours per day. Nursing diagnoses enforced by disturbance of comfort, ineffective breastfeeding, sleep pattern disturbances carried out by planning and nursing actions according to the SLKI label comfort status (L.08064), breastfeeding status (L.03029), sleep patterns (L.05045) and labels SIKI pain management (I. 08238), breathing technique education (I. 12452), breastfeeding education (I. 12393), sleep support (I. 05174) and murattal therapy (I. 08249).*

*Conclusion after nursing action on Mrs. A for 3 days the patient's problem was resolved for the diagnosis of discomfort, ineffective breastfeeding, sleep pattern disturbance. The advice given to both nursing practitioners and hospital institutions and study programs is that this Final Project is expected to be used as a guide or guide for nurses to be made into literature and add references for educational institutions, especially for students in preparing the Final Report on Post Sectio Caesarea Patients with Pleasure Disorders.*

*Keywords : nursing care of post sectio caesarea patients, disturbance of comfort*  
*Source Reading : 18 (2017-2022)*