

POLITEKNIK KESEHATAN TANJUNGPUR
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**ANALISIS TINGKAT MUAL PADA PASIEN POST *SECTIO CAESAREA*
DENGAN INTERVENSI PEMBERIAN RELAKSASI AROMATERAPI
LAVENDER DAN TARIK NAPAS DALAM DI RS BHAYANGKARA
POLDA LAMPUNG TAHUN 2024**
(xii + 60 Halaman, dan 6 Tabel, 8 Lampiran)

ABSTRAK

Menurut WHO kejadian *sectio caesarea* secara global lebih dari 21% meningkat sampai 29% pada tahun 2030. Di Indonesia persalinan *sectio caesarea* 24,8 % pada tahun 2020 dan pada provinsi Lampung sebanyak 28% pada tahun 2019. Efek samping dari *sectio caesarea* adalah kejadian *PONV*, dimana 80% pasien menderita mual dan muntah. Hasil pre survey di ruang kebidanan RS Bhayangkara Polda Lampung pada bulan Januari sampai April sebanyak 56 orang melakukan persalinan secara *sectio caesarea* 20% nya mengalami mual muntah *post sectio caesarea*. Penanganan *PONV* dapat menggunakan terapi farmakologi dan non farmakologi. Teknik non farmakologi untuk mengurangi mual muntah yaitu pemberian relaksasi aromaterapi lavender dan tarik napas dalam. Tujuan dari karya ilmiah ini adalah menganalisis tingkat mual pada pasien post *sectio caesarea* dengan intervensi relaksasi aromaterapi lavender dan tarik napas dalam. Penulisan karya ilmiah ini berfokus pada 1 pasien post *sectio caesarea* dengan masalah utama nausea. Metode pengumpulan data menggunakan lembar observasi skor mual *RINVR (Rhodes Index of Nausea Vomiting and Retching)*. Hasil didapatkan bahwa pemberian intervensi relaksasi aromaterapi lavender dan tarik napas dalam dapat menurunkan skor mual. Dibuktikan dengan menurunnya skor mual sebelum diberikan intervensi hari pertama skor mual 26 (mual muntah sangat berat) dan setelah pemberian skor mual 18 (mual muntah berat), pada hari ketiga skor mual 0 (normal) sebelum pemberian intervensi. Saran karya ilmiah ini dapat dijadikan salah satu alternatif terapi non farmakologi yaitu pemberian relaksasi aromaterapi lavender dan tarik napas dalam untuk menurunkan mual pada pasien *post sectio caesarea* di RS Bhayangkara Polda Lampung karena tidak memerlukan biaya yang mahal, mudah di dapatkan dan mudah dilakukan.

Kata kunci : Aromaterapi lavender, Tarik Napas Dalam, Nausea, *Sectio Caesarea*
Referensi : 38 (2013-2024)

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ANALYSIS OF NAUSEA LEVELS IN POST-SECTIO CAESAREA PATIENTS WITH RELAXATION INTERVENTIONS LAVENDER AROMATHERAPY AND DEEP BREATHING AT BHAYANGKARA HOSPITAL, LAMPUNG POLICE IN 2024
(xii + 60 Pages, and 6 Tables, 8 Appendices)

ABSTRACT

According to WHO, the incidence of cesarean section globally is more than 21%, increasing to 29% by 2030. In Indonesia, cesarean delivery was 24.8% in 2020 and in Lampung province as much as 28% in 2019. A side effect of sectio caesarean section is the incidence of PONV, where 80% of patients suffer from nausea and vomiting. The results of the pre-survey in the obstetrics room of the Bhayangkara Hospital of the Lampung Police from January to April as many as 56 people gave birth by sectio caesarean section, 20% of whom experienced nausea and vomiting after sectio caesarean section. Treatment of PONV can use pharmacological and non-pharmacological therapies. Non-pharmacological techniques to reduce nausea and vomiting is the provision of relaxation lavender aromatherapy and deep breathing. The writing of this scientific paper focuses on 1 post patient with the main problem of nausea. The data collection method used the RINVR (Rhodes Index of Nausea Vomiting there is Retching) nausea score observation sheet. The results showed that the administration of relaxation interventions lavender aromatherapy and deep breathing could reduce nausea scores. It was evidenced by a decrease in the nausea score before the first day of intervention with a nausea score of 26 (very severe nausea and vomiting) and after the administration of a nausea score of 18 (severe vomiting), on the third day of the nausea score of 0 (normal) before the administration of intervention. Suggestion that this study can be used as an alternative to non-pharmacological therapy namely the provision of relaxation lavender aromatherapy and deep breathing to reduce nausea in post-sectio caesarean patients at Bhayangkara Hospital Lampung Police because it does not require expensive costs, is easy to obtain and easy to do.

Keywords : Lavender Aromatherapy, Deep Breath, Nausea, Sectio Caesarea
Reference : 38 (2013-2024)