

POLITEKNIK KESEHATAN TANJUNG KARANG
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Mei 2022

Azvadilla Rahma Syafitri

Asuhan Keperawatan Dengan Gangguan Mobilitas Fisik Pada Kasus *Post Sectio Caesarea* Terhadap Ny.C Di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara Tanggal 23-25 Februari 2022

Xv + 41 halaman, 5 tabel dan 2 gambar

RINGKASAN

Berdasarkan World Health Organization (WHO) menunjukkan bahwa peningkatan persalinan dengan metode SC di negara-negara Asia terjadi pada tahun 2007-2008 yaitu 110.000 per kelahiran hidup. Hasil Riskesdas pada tahun 2018 menunjukkan kelahiran dengan metode persalinan SC di Indonesia sebesar 17,6% dari seluruh jumlah kelahiran. Persalinan SC di Bali memiliki proporsi terbesar kedua secara nasional sebesar 30.2% dari 67.385 kelahiran. Menurut hasil data dokumentasi register rawat inap di ruang kebidanan RSUD Handayani Kotabumi, Lampung Utara, kejadian *sectio caesarea* pada tahun 2019 sebanyak 1298 kelahiran, tahun 2020 kejadian *sectio caesarea* sebanyak 1287 kelahiran, tahun 2021 kejadian *Sectio Caesarea* sebanyak 1093 kelahiran. Berdasarkan latar belakang, maka rumusan masalah pada Tugas Akhir ini adalah “Bagaimana Asuhan Keperawatan dengan Gangguan Mobilitas Fisik terhadap Ny.C di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara.

Adapun tujuan Laporan Tugas Akhir ini adalah untuk memberikan Gambaran Asuhan Keperawatan pada Ny. C *Post Sectio Caesarea* dengan Gangguan Mobilitas Fisik di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara.

Data yang ditemukan pada saat pengkajian yaitu, klien berumur 19 tahun mengeluh belum mampu menggerakkan ekstremitas bawah, merasa nyeri saat bergerak, klien enggan melakukan pergerakan, seluruh aktivitas klien seperti mandi dan berpakaian dibantu oleh keluarga, klien mengeluh sulit tidur akibat nyeri pada luka operasi, klien mengatakan tidak puas tidur. Diagnosa yang ditegakkan gangguan mobilitas fisik, defisit perawatan diri, gangguan pola tidur. Perencanaan yang dilakukan pada masalah keperawatan sesuai dengan SLKI adalah mobilitas fisik, perawatan diri, pola tidur. Dan SIKI dukungan mobilisasi, dukungan perawatan diri: mandi, dan dukungan tidur. Implementasi yang diterapkan pada pasien post *sectio caesarea* sudah menggunakan label SIKI. Pada tahap evaluasi setelah dilakukan tindakan keperawatan selama 3 hari masalah pasien teratasi.

Simpulan pada Laporan Tugas Akhir ini adalah asuhan keperawatan pada pasien *Post Sectio Caesarea* sudah tercapai sesuai dengan tahapan-tahapan asuhan keperawatan yaitu, Pengkajian, Diagnosa Keperawatan, Rencana Keperawatan, Implementasi dan Evaluasi Keperawatan. Saran bagi RS Handayani perawat dalam melaksanakan tugas perlu memperhatikan kebutuhan klien secara komprehensif dengan menyusun rencana tindakan meliputi Observasi, Terapeutik, Edukasi dan Kolaborasi.

Kata kunci : Asuhan Keperawatan, Gangguan Mobilitas Fisik, *Post Sectio Caesarea*
Daftar bacaan : 21 (2012-2021)

TANJUNG KARANG HEALTH POLYTECHNIC
KOTABUMI NURSING STUDY PROGRAM
Final Project Report, Mei 2022

Azvadilla Rahma Syafitri

Nursing Care with Impaired Physical Mobility in the Case of Post Sectio Caesarea against Mrs. C in the Midwifery Room at Handayani General Hospital, Kotabumi, North Lampung, 23-25 February 2022

Xv + 41 pages, 5 tables and 2 figures

ABSTRAK

According to World Health Organization (WHO) shows that an increase in deliveries using the SC method in Asian countries occurred in 2007-2008, namely 110,000 per live birth. The results of Riskesdas in 2018 showed that births with the SC method of delivery in Indonesia amounted to 17.6% of the total number of births. SC deliveries in Bali have the second largest proportion nationally at 30.2% of 67,385 births. According to the results of inpatient registration documentation data in the obstetric ward of the Handayani General Hospital, Kotabumi, North Lampung, the incidence of sectio caesarea in 2019 was 1298 births, in 2020 the incidence of Sectio Caesarea was 1287 births, in 2021 the incidence of Sectio Caesarea was 1093 births. Based on the background, the formulation of the problem in this Final Project is "How is Nursing Care with Physical Mobility Disorders for Mrs. C in the Midwifery Room of Handayani Hospital, Kotabumi, North Lampung.

The purpose of this final report is to provide an overview of nursing care for Ny. C Post Sectio Caesarea with Impaired Physical Mobility in the Midwifery Room at Handayani General Hospital, Kotabumi, North Lampung.

The data found at the time of the assessment were, the client aged 19 years complained of not being able to move the lower extremities, felt pain when moving, the client was reluctant to move, all client activities such as bathing and dressing were assisted by the family, the client complained of difficulty sleeping due to pain in the surgical wound, The client said he was not satisfied with his sleep. The established diagnosis is impaired physical mobility, self-care deficit, sleep pattern disturbance. Planning carried out on nursing problems in accordance with the SLKI is physical mobility, self-care, sleep patterns. And SIKI mobilization support, self-care support: bathing, and sleep support. The implementation applied to post Sectio Caesarea patients already uses the SIKI label. At the evaluation stage after nursing actions for 3 days the patient's problem was resolved.

The conclusion in this Final Project is that nursing care for Post Sectio Caesarea patients has been achieved in accordance with the stages of nursing care, namely, Assessment, Nursing Diagnosis, Nursing Plan, Nursing Implementation and Evaluation. Suggestions for Handayani Hospital nurses in carrying out their duties need to pay attention to the client's needs comprehensively by compiling an action plan including Observation, Therapeutics, Education and Collaboration.

Keywords : Nursing Care, Physical Mobility Disorders, Post Sectio Caesarea
Reading list :21 (2012-2021)