

POLITEKNIK KESEHATAN TANJUNGPUR  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, April 2023

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Asuhan Keperawatan Pasien dengan Gangguan Nutrisi dan Cairan pada Kasus *Post Sectio Caesarea* dengan Indikasi Plasenta Previa Terhadap Ny. S di Ruang Kebidanan Lantai 2 RSUD Handayani Kotabumi Lampung Utara Tanggal 30 Maret-1 April 2023.

Xv + 44 halaman, 10 tabel, 2 gambar

### RINGKASAN

*Sectio caesarea* adalah suatu persalinan buatan, dimana janin dilahirkan melalui suatu insisi pada dinding rahim dengan syarat rahim dalam keadaan utuh serta berat janin diatas 500 gram. Pada keadaan tertentu bila seorang ibu tidak biasa menjalani persalinan normal maka bisa dilakukan tindakan pembedahan yaitu dengan cara operasi *sectio caesarea* (Narulita & Sari 2019). Berdasarkan data dokumentasi dari buku register rawat inap di Ruang Kebidanan RSUD Handayani Kotabumi Kabupaten Lampung utara didapatkan angka persalinan dengan tindakan *post sectio caesarea* pada tahun 2023 sebanyak 101 kelahiran, dan pada bulan maret operasi *sectio caesarea* tercatat sebanyak 35 kelahiran. Termasuk dikarenakan plasenta previa (Dokumentasi Ruang Kebidanan RSUD Handayani Lampung Utara, 2023).

Tujuan dari Laporan Tugas Akhir adalah memberikan gambaran tentang Asuhan Keperawatan Pasien dengan Gangguan Nutrisi dan Cairan pada Kasus *Post Sectio Caesarea* dengan Indikasi Plasenta Previa Terhadap Ny. S di Ruang Kebidanan Lantai 2 RSUD Handayani Kotabumi Lampung Utara Tanggal 30 Maret-1 April 2023.

Berdasarkan hasil pengkajian keperawatan dilakukan pengkajian data yang diperoleh saat pengkajian yaitu pasien mengeluh tidak nyaman karena nyeri pada bagian luka *post sectio caesarea*, skala nyeri 5, pasien tampak gelisah, mual, pasien mengeluh tidak nyaman karena nyeri ketika duduk, pasien mengatakan masih takut untuk bergerak, frekuensi nadi meningkat. Pasien mengatakan merasa cemas, bayi tampak tidak nyaman saat di susui, ASI hanya keluar sedikit >20 ml, payudara tampak bengkak, bayi tampak menangis saat di susui karena ASI keluar tidak adekuat. Saat menyusui posisi badan bayi tidak menghadap ke badan ibu. Leher dan kepala bayi tampak tidak tersanggah. Pasien mengeluh sulit tidur karena nyeri pada sayatan bekas operasi.

Simpulan dari Laporan Tugas Akhir ini tidak semua yang ada pada tinjauan pustaka terdapat pada Ny. S dengan gangguan Nutrisi dan Cairan pada kasus *post sectio caesarea* asuhan keperawatan pada kasus *post sectio caesarea* sudah tercapai sesuai dengan tahapan asuhan keperawatan. Saran yang diberikan pada pihak RSUD Handayani diharapkan dapat meningkatkan mutu pelayanan khususnya di Ruang kebidanan dengan lebih menerapkan makanan yang berupa sayur - sayuran bening.

Kata kunci : Asuhan Keperawatan, Kebutuhan Fisiologis, *post sectio caesarea*  
Sumber bacaan : 24 (2013-2023).

TANJUNGPURANG HEALTH POLYTECHNIC  
KOTABUMI NURSING PROGRAM STUDY  
Final Project Report, April 2023

Avip Septia Hayusi

*Nursing Care of Patients with nutritional and fluid disorder in Cases of Post Sectio Caesarea with Placenta Previa Indications for Mrs. S in the Midwifery Room, Floor 2. RSU Handayani Kotabumi, North Lampung. 30.March-1 April 2023.*

*Xv + 44 pages, 10 tables, 2 pictures*

**ABSTRACT**

*Sectio caesarea is an artificial birth, in which the fetus is born through an incision in the uterine wall provided that the uterus is intact and the fetus weighs above 500 grams. In certain circumstances, if a mother is not used to having a normal delivery, surgery can be done, namely by way of sectio caesarea surgery (Narulita Sari, 2019). Based on documentation data from the inpatient register book in the Midwifery Room of Handayani Hospital Kotabumi, North Lampung Regency, the number of deliveries with post- cesarean section in 2023 was 101 births, and in March, sectio- cesarean operations were recorded as many as 35 births. (Including due to placenta previa. Documentation of the Midwifery Room at Handayani Hospital, North Lampung, 2023).*

*The purpose of this Final Project Report is to provide an overview of the Nursing Care of Patients with nutritional and fluid disorder in Post Sectio Caesarea Cases with Placenta Previa Indications for Mrs. S in the Obstetrics Room, 2nd Floor, RSU Handayani Kotabumi, North Lampung, March 30- April 1, 2023.*

*Based on the results of the nursing assessment, an assessment of the data obtained during the assessment was carried out, namely the patient complained of discomfort because of pain in the wound post sectio caesarea, pain scale 5, the patient looked restless, nauseous, the patient complained of discomfort because of pain when sitting, the patient said he was still afraid to move , the pulse rate increases. The patient said he felt worried, the baby looked uncomfortable when being breastfed, the milk only came out a little > 20 ml, the breasts looked swollen, the baby looked crying when being breastfed because the milk came out inadequately. When breastfeeding the baby's body position is not facing the mother's body. The baby's neck and head appear unsupported. The patient complained of difficulty sleeping because of pain in the surgical incision.*

*The conclusion of this Final Project Report is that not everything in the literature review is found in Mrs. S with nutritional and fluid disorder in cases of post sectio caesarea nursing care in cases of post sectio caesarea has been achieved according to the stages of nursing care. The advice given to the Handayani General Hospital is expected to be able to improve the quality of service, especially in the obstetrics room by applying more food in the form of clear vegetables.*

*Keywords : Nursing care, Physiological Needs, post sectio caesarean*

*Reading sources : 24 (2013-2023).*