

Cornelia A Saputri, Asuhan Keperawatan Pasien Dengan Gangguan Mobilitas Fisik Pada Kasus *Post Sectio Caesarea* Terhadap Ny.A Di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara Tanggal 29-31 Maret 2023
xv+ 55 halaman, 10 tabel, 3 gambar

RINGKASAN

Sectio caesarea adalah suatu tindakan menolong persalinan dengan melakukan pembedahan pada dinding abdomen (*laparotomi*) dan dinding rahim (*histektomi*). Indikasi terbanyak dilakukannya SC adalah persalinan SC berulang, disproporsi kepala panggul, presensi bokong, dan letak lintang. Provinsi tertinggi dengan persalinan SC adalah DKI Jakarta (27,2%) dan Sumatera Barat (23,1%). Menurut Dinkes Lampung tahun 2017 sejumlah 5.569 operasi SC dari 200.000 persalinan atau sekitar 28% dari total persalinan. Berdasarkan data Ruang Kebidanan RSUD Handayani Kotabumi, didapatkan angka persalinan SC pada tahun 2023 sebanyak 101 kelahiran, pada bulan Maret kasus SC sebanyak 35 kelahiran. Tujuan penulisan Laporan Tugas Akhir ini adalah memberi gambaran asuhan keperawatan dari tahapan pengkajian sampai dengan evaluasi pada pasien dengan Gangguan Mobilitas Fisik Pada Kasus *Post Sectio Caesarea* Terhadap Ny.A di Ruang Kebidanan RSUD Handayani Kotabumi, Tanggal 29-31 Maret 2023.

Hasil pengkajian didapatkan pasien mengeluh nyeri saat bergerak (skala nyeri 7), pasien hanya berbaring di tempat tidur, cemas saat bergerak, pasien mengetakan setelah operasi belum mampu untuk menggerakkan ekstremitas bawah, pasien tampak lemah, tirah baring, pergerakan terbatas, belum mampu duduk dan miring kanan dan kiri, seluruh aktivitas pasien saat ini dibantu oleh keluarga, mengeluh tidak nyaman, pasien mengatakan sulit tidur karena nyeri di luka operasi, pasien mengatakan merasa tidak puas tidur dan sering terbangun di malam hari, pasien tampak menguap dan mengantuk, durasi tidur 4-5 jam/hari, pasien mengatakan saat ini belum mampu untuk beraktivitas mandi, mengganti pakaian, ke toilet secara mandiri, penampilan fisik tampak lusuh. Diagnosa keperawatan yang ditegakkan adalah gangguan mobilitas fisik, gangguan pola tidur, defisit perawatan diri dengan label SLKI mobilitas fisik, pola tidur, perawatan diri dan label SIKI dukunganmobilisasi, dukungan tidur, dukungan perawatan diri

Simpulan setelah dilakukan tindakan keperawatan pada Ny.A selama 3 hari masalah pasien teratasi untuk diagnosa gangguan mobilitas fisik, gangguan pola tidur, defisit perawatan diri. Saran yang dapat diberikan bagi praktisi keperawatan dan rumah sakit maupun program studi adalah diharapkan laporan tugas akhir ini dapat dijadikan pedoman atau panduan bagi perawat dalam memberikan asuhan keperawatan dari Pengkajian sampai dengan Evaluasi maupun pelayanan kesehatan sehingga diharapkan dapat meningkatkan mutu pelayanan khususnya di Ruang Kebidanan. Diharapkan juga laporan ini dapat membantu dalam proses penerapan dan peningkatkan pelayanan asuhan keperawatan khususnya untuk keamanan (*safety*) pasien dengan gangguan mobilitas fisik.

Kata Kunci : Asuhan Keperawatan, *sectio caesarea*, gangguan mobilitas fisik
Sumber Bacaan : 21 (2014-2022)

Cornelia A Saputri, Nursing Care of Patients with Impaired Physical Mobility in the Case of Post Sectio Caesarea Against Mrs. A In the Midwifery Room of RSU Handayani Kotabumi, North Lampung on March 29-31, 2023
xv+ 55 pages, 10 tables, 3 figures

ABSTRACT

Sectio caesarea is an act of helping the delivery process by performing surgery on the abdominal wall (laparotomy) and uterine wall (hysterectomy). The most common indications for SC are repeated SC deliveries, cephalopelvic disproportion, breech presence, and transverse position. The highest provinces with SC deliveries were DKI Jakarta (27.2%) and West Sumatra (23.1%). According to the Lampung Health Office in 2017 there were 5,569 SC operations out of 200,000 deliveries or around 28% of the total deliveries. Based on data from the Midwifery Room at Handayani Hospital, Kotabumi, it was found that the number of SC deliveries in 2023 was 101 births, in March there were 35 SC cases. The purpose of writing this Final Project Report is to provide an overview of nursing care from the stages of assessment to evaluation in patients with Impaired Physical Mobility in the Case of Post Sectio Caesarea to Mrs. A in the Midwifery Room of RSU Handayani Kotabumi, March 29-31 2023.

The results of the study found that the patient complained of pain when moving (pain scale 5), the patient only lay in bed, was anxious when moving, the patient said after surgery he had not been able to move his lower extremities, the patient looked weak, had bed rest, limited movement, unable to sit up and tilted right and left, all the patient's activities are currently assisted by the family, the patient complains of discomfort, the patient says it is difficult to sleep because of pain in the surgical wound, the patient says he feels dissatisfied with sleep and often wakes up at night, the patient looks yawning and drowsy, sleep duration 4-5 hours/day, the patient says that currently he is not able to take a shower, change clothes, go to the toilet independently, his physical appearance looks shabby. The nursing diagnoses that were enforced were impaired physical mobility, sleep pattern disturbance, self-care deficit labeled SLKI physical mobility, sleep pattern, self-care and SIKI labeled mobilization support, sleep support, and self-care support.

Conclusion after nursing action on Mrs. A for 3 days the patient's problem was resolved for the diagnosis of impaired physical mobility, sleep pattern disturbance, self-care deficit. Advice that can be given to nursing practitioners and hospitals as well as study programs is that it is hoped that this final project report can be used as a guide or guide for nurses in providing nursing care from Assessment to Evaluation and health services so that it is hoped that it can improve the quality of services, especially in the Midwifery Room. It is also hoped that this report can assist in the process of implementing and improving nursing care services, especially for safety for patients with impaired physical mobility.

Keywords: Nursing care, sectio caesarea, impaired physical

mobility
Reading Source : 21 (2014-2022)