

POLITEKNIK KESEHATAN TANJUNG KARANG
PRODI KEPERAWATAN KOTABUMI
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Asuhan Keperawatan Maternitas dengan Gangguan Rasa Aman Nyaman pada Kasus *Post Sectio Caesarea* Terhadap Ny.M di Ruang Kebidanan RSU Handayani Kotabumi Lampung Utara Tanggal 27-29 Maret 2023
Xv+ 63 halaman, 6 tabel, 3 gambar

RINGKASAN

Per Salinan adalah suatu proses keluarnya janin, plasenta dan ketuban Dari dalam rahim yang dapat dilakukan melalui pervaginam atau *sectio caesarea*. (Krischillia Molly Morita et.al, 2020). Tindakan SC sendiri masih banyak ditemukan disekitar kita yang disebabkan karena pengetahuan yang kurang, takut akan persalinan normal serta faktor hambatan jalan lahir. Menurut WHO sendiri, rata-rata yang melakukan tindakan SC per 1000 kelahiran di dunia yaitu sebesar 5-15%, tindakan SC di rumah sakit pemerintah rata-rata mencapai 11%, sedangkan dirumah sakit swasta bisa mencapai lebih dari 30%.

Tujuan laporan tugas akhir ini mendapat gambaran asuhan keperawatan maternitas kasus *post section caesarea* menggunakan pendekatan proses keperawatan pada tahap pengkajian keperawatan sampai dengan evaluasi keperawatan.

Pengkajian Ny. M terjadi nyeri *post sectio caesarea* terasa seperti ditusuk-tusuk, nyeri terasa pada perut bagian bawah pada luka operasi, skala nyeri 5 (0-10) kategori nyeri sedang. Nyeri hilang timbul, makin terasa saat klien banyak bergerak, berkurang saat istirahat dan setelah minum obat. Klien tampak meringis, bergerak secara hati-hati, tidak mampu melakukan aktivitas secara mandiri. Terdapat luka sayatan melintang ± 10 cm dibalut verban, luka tampak kemerahan. Klien mengatakan cemas saat bergerak, mengatakan sulit tidur, mengatakan aktivitas perawatan diri dibantu oleh keluarga, tekanan darah 129/80 mmHg, nadi 98x/menit, pernafasan 18x/menit, suhu 36.7°C, saturasi oksigen 98%.

Diagnosa keperawatan yang ditegakkan yaitu nyeri akut, gangguan mobilitas fisik dan risiko infeksi. Rencana dan pelaksanaan keperawatan diantaranya adalah SLKI: tingkat nyeri, mobilitas fisik dan tingkat infeksi. SIKI : manajemen nyeri, dukungan mobilisasi, dan pencegahan infeksi. Evaluasi selama 3 hari, nyeri akut teratasi sebagian, gangguan mobilitas fisik teratasi dan risiko infeksi teratasi sebagian.

Simpulan pada kasus Ny.M didapatkan bahwa asuhan keperawatan dapat dilakukan dengan baik pada pasien maupun keluarga pasien. Saran bagi lahan praktik terutama bagi perawat ruangan yang melaksanakan asuhan keperawatan pada pasien *post sectio caesarea* dengan gangguan rasa aman nyaman agar dapat menjelaskan lebih banyak tentang teknik-teknik nonfarmakologi yang dapat dilakukan secara mandiri untuk meringankan ketidaknyamanan karena nyeri.

Kata kunci : Asuhan Keperawatan Maternitas, *Post Sectio Caesarea*, Rasa Aman Nyaman
Sumber Bacaan: 20 (2010-2020)

**TANJUNG KARANG HEALTH POLYTECHNIC OF
KOTABUMI NURSING STUDY PROGRAM**
Final Project Report, 27-29 March 2023

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Maternity Nursing Care with Disruption of Comfort in the Post Sectio Caesarea Case Against Mrs. I in the Midwifery Room of RSU Handayani Kotabumi, North Lampung, March, 27rd-29th 2023
Xv +63 pages, 6 tables, 3 picture

ABSTRACT

Labor is a process of exiting the fetus, placenta and amniotic fluid from the uterus which can be done vaginally or sectio caesarea (krisillia molly morita et.al, 2020). According to WHO itself, the average number of SC procedures per 1000 births in the world is 5-15%, SC actions in government hospitals reach an average of 11%, while in private hospitals it can reach more than 30%.

The purpose of this final project report is to know and get an overview of maternity nursing care for post sectio caesarea cases using the nursing process approach at the stage of nursing assessment to nursing evaluation. Assessment of Mrs. M occur post sectio caesarea pain feels like being stabbed stabbing pain is felt in the lower abdomen at the surgical wound, pain scale 5 (0-10) moderate pain category. Pain comes and goes, is more pronounced when the client moves a lot, decreases at rest and after taking medication. The client looks grimace, moves carefully, unable to perform activities independently. There is a transverse incision wound \pm 10 cm wrapped in bandage, the wound looks reddish The client says he is anxious when moving, says he has difficulty sleeping, says self-care activities are assisted by his family, blood pressure 129/80 mmHg, pulse 98x/minute, breathing 18x/minute, temperature 36.7° c, oxygen saturation 98%.

Nursing diagnoses that are enforced are acute pain, impaired physical mobility and risk of infection. Nursing plans and implementations include SLKI pain levels, physical mobility and infection rates. SIKI pain management, mobilization support, and infection prevention Evaluation for 3 days, acute pain partially resolved, impaired physical mobility resolved and risk of infection partially resolved.

The conclusion in the case of Mrs. M found that nursing care can be done well on the patient and the patient's family. Suggestions for the practice area, especially for room nurses who carry out nursing care for post sectio caesarea patients with comfortable feeling of security disorders in order to be able to explain more about non-pharmacological techniques that can be done independently to relieve discomfort due to pain.

Keywords: Maternity Nursing Care, Post Sectio Caesarea, Acute Pain Reading
Source : 20 (2010-2020)