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Desak Nyoman Indra Dewi

**STUDI KASUS PADA IBU PASCA SEKSIO SESAREA DENGAN
MASALAH MENYUSUI TIDAK EFEKTIF DI RUMAH SAKIT
BHAYANGKARA**

xv, 65 halaman, 2 tabel, 1 gambar, 6 lampiran

ABSTRAK

Persalinan seksio sesarea 17,6% di Indonesia dan 13,2% di Propinsi Lampung Tahun 2018. Persalinan seksio sesarea 243 kasus di Rumah Sakit Bhayangkara Tahun 2022. Ibu pasca seksio sesarea mengalami stresor fisiologis dan psikologis, menurunkan motivasi menyusui, menyebabkan masalah menyusui tidak efektif. Kolostrum untuk kekebalan dan kecerdasan bayi keluar pada tiga hari pertama persalinan. Tujuan studi kasus diketahui gambaran asuhan keperawatan pada ibu pasca seksio sesarea dengan masalah menyusui tidak efektif. Penelitian kualitatif desain deskriptif pendekatan studi kasus. Subjek dua orang ibu pasca seksio sesarea. Studi kasus di Rumah Sakit Bhayangkara. Pengambilan data 3 hari klien 1 tanggal 7 s/d 9 Juni 2023 dan klien 2 tanggal 12 s/d 14 Juni 2023. Pengumpulan data dengan wawancara, pengkajian fisik dan observasi dokumen rekam medis klien. Instrumen format asuhan keperawatan ibu nifas. Pengkajian pada kedua klien data sama, belum tahu posisi dan tehnik menyusui, kelelahan, kecemasan, belum bisa menyusui, bayi diberi susu formula, bayi tidak menghisap terus menerus, bayi tidak melekat pada payudara ibu, dan ASI tidak memancar/menetes, IMD tidak dilakukan. Data berbeda klien 2 sudah menyusui 1 kali, ASI keluar sedikit sedangkan klien 1 belum menyusui, ASI belum keluar. Diagnosis keperawatan sama yaitu menyusui tidak efektif berhubungan dengan kurang terpapar informasi tentang manfaat dan metode menyusui dan ketidakadekuatan refleks oksitoksin. Intervensi pendidikan kesehatan, *postnatal breast care*, kompres hangat pada payudara, penghisapan bayi langsung, pompa ASI dan dukungan keluarga serta petugas kesehatan. Implementasi dilakukan selama 3 hari pada kedua klien. Evaluasi hari ketiga status menyusui meningkat. Saran kepada Rumah Sakit Bhayangkara untuk menerapkan intervensi pendidikan kesehatan, *postnatal breast care*, kompres hangat pada payudara, tehnik penghisapan bayi langsung, dan pompa ASI pada ibu pasca seksio sesarea dengan masalah menyusui tidak efektif dan memberi dukungan menyusui ASI sedini mungkin sejak bayi lahir.

Kata kunci: Menyusui Tidak Efektif, Seksio Sesarea

Daftar Referensi: 22 (2009-2022)

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Desak Nyoman Indra Dewi

**CASE STUDY ON POST-CESAREAN SECTION MOTHERS WITH
INEFFECTIVE BREASTFEEDING PROBLEMS AT BHAYANGKARA
HOSPITAL**

xv + 65 page + 2 table + 1 picture + 6 attachment

ABSTRACT

Caesarean section delivery 17.6% in Indonesia and 13.2% in Lampung Province in 2018. Caesarean section delivery 243 cases at Bhayangkara Hospital in 2022. Post-caesarean section mothers experience physiological and psychological stressors, decrease breastfeeding motivation, causing ineffective breastfeeding problems. Colostrum for baby's immunity and intelligence comes out in the first three days of delivery. This case study purpose to find out the description of nursing care for post-caesarean section mothers with ineffective breastfeeding problems. Qualitative research design descriptive case study approach. Subjects are two mothers after cesarean section. Case study at Bhayangkara Hospital. Data collection 3 days for clients 1 from 7 to 9 June 2023 and clients 2 from 12 to 14 June 2023. Data collection by interviews, physical assessment and observation of client medical record documents. The instrument used the postpartum mother's nursing care format. The study on both clients obtained the same data, they did not know the position and breastfeeding technique, as fatigue, anxiety, not being able to breastfeed, the baby was given formula milk, the baby was not sucking continuously, inadequate baby's attachment to the mother's breast and the breast milk was not gushing/drip, early breastfeeding initiation was not carried out. Different data was obtained on second client who had breastfed once, only a little milk came out while first client had not breastfed, the milk had not come out. The nursing diagnosis are the same, namely ineffective breastfeeding related to information lack of exposure about breastfeeding benefits and methods and inadequate oxytocin reflex. Health education interventions, postnatal breast care, warm compresses on the breast, direct infant suction, breast pumps and family support and health workers. Implementation was carried out for 3 days on both clients. Evaluation on third day breastfeeding status increases. Suggestions for Bhayangkara Hospital to implement health education interventions, postnatal breast care, warm compresses on the breast, direct infant sucking technique, and breast pumps for post-caesarean mothers with ineffective breastfeeding problems and provide support to breastfeed as early as possible since the baby is born.

Key words: ineffective breastfeeding problems, cesarean section

References: 22 (2009-2022)