

POLITEKNIK KESEHATAN TANJUNG KARANG
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Mei 2023

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Asuhan Keperawatan Pasien dengan Gangguan Rasa Nyaman pada Kasus Post Sectio Caesarea di Ruang Kebidanan RSUD Handayani Kotabumi, Lampung Utara Tanggal 28-30 Maret 2023

xvii + 49 halaman, 7 tabel, 2 gambar

RINGKASAN

Sectio Caesarea merupakan suatu proses persalinan buatan yang dilakukan melalui pembedahan dengan cara melakukan insisi pada dinding perut dan rahim ibu, dengan syarat rahim harus dalam keadaan utuh, serta berat janin di atas 500 gram. Di Indonesia berdasarkan hasil Riset Kesehatan Dasar (RISKESDES) tahun 2018 menunjukkan prevalensi tindakan *Sectio Caesarea* pada persalinan adalah 17,6%, tertinggi di wilayah DKI Jakarta (31,3%) dan terendah di Papua (6,7%) . Rumusan masalah pada Laporan Tugas Akhir ini adalah bagaimana gambaran Asuhan Keperawatan terhadap Ny.V dengan Gangguan Rasa Nyaman pada Kasus Post *Sectio Caesarea* di Ruang Kebidanan RSUD Handayani Kotabumi, Lampung Utara.

Tujuan penulisan Laporan Tugas Akhir ini adalah untuk memberikan Gambaran Asuhan Keperawatan pada Ny.V *Post Sectio Caesarea* dengan Gangguan Rasa Nyaman di ruang kebidanan RSUD Handayani Kotabumi, Lampung Utara tanggal 28-30 Maret 2023.

Hasil pengkajian yang didapatkan pada Ny.V pasien mengatakan nyeri pada luka post operasi, pasien mengatakan nyeri bertambah pada saat bergerak, pasien mengatakan nyeri seperti di tusuk-tusuk, pasien tampak meringis dan gelisah, skala nyeri 7, pasien mengeluh sulit tidur, pasien mengatakan tidak puas tidur, sering terbangun di malam hari, wajah tampak lelah dan mengantuk, frekuensi tidur hanya 4jam/hari, pasien mengatakan setelah post operasi belum bisa menggerakkan ekstremitas bawah, pasien mengatakan cemas saat bergerak karena takut luka post operasi akan terbuka, pasien tampak lemah, seluruh aktivitas dibantu oleh keluarga. Diagnosa Keperawatan yang muncul adalah Nyeri Akut, Gangguan Pola Tidur, Gangguan Mobilitas Fisik dan tindakan keperawatan sesuai dengan SLKI Tingkat Nyeri, Pola Tidur, Mobilitas Fisik. Setelah dilakukan tindakan keperawatan pada Ny.V selama tiga hari masalah teratasi.

Simpulan dari penulis didapatkan secara nyata tentang Asuhan Keperawatan pada Kasus *Post Sectio Caesarea* pada Ny.V dengan Gangguan Rasa Nyaman. Saran yang diberikan pada pihak RSUD Handayani diharapkan dapat dijadikan pedoman atau panduan bagi perawat di Ruang Kebidanan RSUD Handayani Kotabumi, Lampung Utara dalam memberikan pelayanan keperawatan dengan proses Asuhan Keperawatan pada klien *Post Sectio Caesarea*.

Kata Kunci : Asuhan Keperawatan *Post Sectio Caesarea*, Gangguan Rasa Nyaman
Sumber Bacaan :20 (2008-2020)

TANJUNG KARANG HEALTH POLYTECHNIC
KOTABUMI NURSING PROGRAM STUDY
Final Project Report, May 2023

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Nursing Care of Patients with Impaired Feelings of Comfort in the Case of Post Sectio Caesarea in the Midwifery Room of RSU Handayani Kotabumi, North Lampung on March 28-30 2023

xvii + 49 pages, 7 tables, 2 picture

ABSTRACT

Sectio Caesarea is an artificial birth process that is carried out surgically by making incisions in the abdominal wall and the mother's uterus, provided that the uterus must be intact, and the fetus weighs above 500 grams. In Indonesia, based on the results of Basic Health Research (RISKESDES) in 2018, the prevalence of Sectio Caesarea in childbirth was 17.6%, the highest in the DKI Jakarta area (31.3%) and the lowest in Papua (6.7%).

The formulation of the problem in this Final Project Report is how to describe Nursing Care for Mrs. V with Disturbed Feelings of Comfort in the Post Sectio Caesarea Case in the Midwifery Room of RSU Handayani Kotabumi, North Lampung.

The purpose of writing this Final Project Report is to provide an overview of nursing care for Mrs. V Post Sectio Caesarea with a feeling of discomfort in the midwifery room at RSU Handayani Kotabumi, North Lampung on March 28-30 2023.

The results of the study obtained from Ny.V the patient said pain in the postoperative wound, the patient said the pain increased when moving, the patient said pain was like being stabbed, the patient looked grimacing and restless, pain scale 7, the patient complained of difficulty sleeping, the patient said dissatisfied with sleep, often wakes up at night, face looks tired and sleepy, sleep frequency is only 4 hours/day, the patient says that after post surgery he has not been able to move his lower extremities, the patient says he is anxious when he moves because he is afraid the postoperative wound will open, the patient looks weak, all activities are assisted by the family. Nursing diagnoses that appear are Acute Pain, Disturbed Sleep Patterns, Impaired Physical Mobility and nursing actions according to the SLKI Level of Pain, Sleep Patterns, Physical Mobility.

After carrying out nursing actions on Mrs. V for three days the problem was resolved. The conclusions from the authors obtained significantly about Nursing Care in the Case of Post Sectio Caesarea in Ny.V with Disturbed Sense of Comfort. The advice given to the Handayani General Hospital is expected to be used as a guide or guide for nurses in the Midwifery Room of Handayani Hospital Kotabumi, North Lampung in providing nursing services with the Nursing Care process for Post Sectio Caesarea clients.

*Keywords: Post Sectio Caesarea Nursing Care, Disturbed Feelings of Comfort
Reading Source :20 (2008-2020)*