

POLITEKNIK KESEHATAN TANJUNGPURING
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Maret 2023

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Asuhan Keperawatan Pasien dengan Gangguan Kebutuhan Aktivitas Istirahat pada Kasus *Post Sectio Caesarea* terhadap Ny. O Di Ruang Kebidanan RSUD Handayani KotaBumi Lampung Utara Tanggal 21 – 23 Maret 2023
xvi + 61 halaman, 6 tabel, 1 gambar

RINGKASAN

Persalinan merupakan proses pengeluaran janin yang terjadi pada kehamilan cukup bulan (37-42 minggu) disertai dengan kepelepasan plasenta dan selaput janin. Masalah gangguan mobilitas fisik pada pasien pasca *section caesarea* muncul karena adanya luka bekas operasi yang menimbulkan nyeri pada pasien, sehingga pasien cenderung lebih memilih berbaring saja dan enggan melakukan mobilisasi salah satu cara yang dapat dilakukan perawat untuk mengatasi pasien berbaring saja atau gangguan mobilitas fisik yang disebabkan oleh nyeri dan luka operasi yaitu mobilisasi dini.

Tujuan Laporan Tugas Akhir adalah memberikan gambaran tentang Asuhan Keperawatan dengan Gangguan Kebutuhan Aktivitas Istirahat pada *Post Sectio Caesarea* Terhadap Ny. O di Ruang Kebidanan RSUD Handayani Kotabumi Lampung Utara tanggal 21 – 23 Maret 2023.

Hasil Pengkajian pada kasus didapatkan data yaitu klien mengeluh susah bergerak dan tidak nyaman karena terasa nyeri jika digerakkan. Klien mengatakan nyeri perut bagian bawah terdapat luka post operasi berbungkus kasa yang bersih dan kering nyeri saat bergerak, sulit melakukan pergerakan terutama dibagian kaki dan perut. Klien mengatakan belum mampu melakukan aktivitas secara mandiri masih dibantu oleh keluarganya.

Kesimpulan dari Laporan Tugas Akhir ini tidak semua yang ada pada tinjauan pustaka terhadap Ny. O dengan gangguan kebutuhan aktivitas istirahat pada kasus *Post Sectio Caesarea*. Asuhan Keperawatan pada kasus *Post Sectio Caesarea* sudah tercapai sesuai dengan tahapan proses keperawatan. Saran yang diberikan pada pihak RSUD Handayani Kotabumi diharapkan agar dapat memberikan pelayanan kesehatan seperti ROM miring kanan dan miring kiri, mengajarkan 4 posisi dan pelekatan (*lacth on*) dengan benar, mengajarkan perawatan payudara dengan mengompres menggunakan kapas yang telah diberikan minyak kelapa, mengajarkan perawatan payudara (yaitu dengan memeras ASI, dan pijat payudara) terhadap pasien terutama bagi ibu *post sectio caesarea* sangat perlu ditingkatkan pengetahuan dan keterampilan agar mampu merawat pasien komprehensif dan optimal.

Kata Kunci : asuhan keperawatan, gangguan kebutuhan istirahat, *post sectio caesarea*
Sumber : 21 (2010-2023)

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

Yuni Susilawati,
Nursing Care of Patients with Interference with the Need for Rest Activities in the Case of Post Sectio Caesarea to Mrs. O In the Midwifery Room of Handayani General Hospital, Bumi City, North Lampung on March 21-23, 2023
xvi + 61 pages, 6 tables, 1 figure

ABSTRACT

Labor is the process of expulsion of the fetus that occurs at full term of pregnancy (37-42 weeks) accompanied by the expulsion of the placenta and fetal membranes. The problem of impaired physical mobility in post-cesarean section patients arises because of surgical scars that cause pain to the patient, so that patients tend to prefer to lie down and are reluctant to mobilize. by pain and surgical wounds, namely early mobilization.

The purpose of the Final Project Report is to provide an overview of Nursing Care with Interference with the Need for Rest Activities in Post Sectio Caesarea Against Mrs. O in the Midwifery Room of RSU Handayani Kotabumi, North Lampung on March 21-23 2023.

The results of the study in the case obtained data, namely the client complained of being difficult to move and uncomfortable because it felt painful when moved. The client says lower abdominal pain, there is a postoperative wound wrapped in clean and dry gauze, pain when moving, it is difficult to move, especially in the legs and abdomen. The client says that he has not been able to carry out activities independently and is still assisted by his family.

The conclusions of this Final Project Report are not all that is in the literature review of Ny. O with interruption of the need for rest activities in the case of Post Sectio Caesarea. Nursing care in the case of Post Sectio Caesarea has been achieved according to the stages of the nursing process. The advice given to the Handayani Kotabumi General Hospital is expected to be able to provide health services such as ROM on the right and left tilt, teach the 4 positions and attachment (lactation) correctly, teach breast care by compressing it using cotton that has been given coconut oil, teach breast care (namely by expressing milk, and massaging the breasts) for patients, especially for mothers post sectio caesarea, it is very necessary to increase knowledge and skills so that they are able to treat patients comprehensively and optimally.

Keywords : nursing care, interruption of the need for rest, post sectio caesarea
Source : 21 (2010-2023)