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PENERAPAN TERAPI *FOOT MASSAGE* PADA PASIEN POST OPERASI *SECTIO CAESARAEA* DENGAN MASALAH KEPERAWATAN NYERI AKUT DI RUMAH SAKIT UMUM HANDAYANI KOTABUMI LAMPUNG UTARA

xvi+ 51 halaman + 6 tabel + 4 gambar + 4 lampiran

ABSTRAK

Sectio caesar (SC) merupakan prosedur pembedahan di mana sayatan dibuat pada dinding abdomen atau uterus berguna untuk melahirkan janin. Masalah utama yang timbul akibat tindakan post SC adalah nyeri akut. Nyeri memiliki dampak negatif, mengganggu hubungan awal antara ibu dan bayinya, mengganggu keterbatasan untuk bergerak. Penanganan nonfarmakologi pada nyeri yaitu *foot massage* karena di area kaki banyak sekali saraf-saraf yang terhubung ke organ dalam. Penelitian ini bertujuan memperoleh gambaran penerapan *foot massage* pada pasien post SC di Rumah Sakit Handayani. Metode ini menggunakan metode studi kasus deskriptif pada satu pasien yang diberikan tindakan *foot massage*. *Foot massage* dilakukan 20 menit, satu jam setelah pemberian analgesik, selama tiga hari berturut-turut. Hasil penelitian didapatkan sebelum diberi tindakan *foot massage* dan kolaborasi analgesik, skala nyeri adalah 8 (nyeri berat) dengan pasien tampak meringis, takut untuk bergerak dan sesudah diberikan tindakan *foot massage* dan kolaborasi pemberian analgesik hasil skalanya 1 (nyeri ringan) dengan pasien tidak tampak meringis dan bisa berjalan. Dengan demikian, dapat disimpulkan setelah dilakukan penerapan *foot massage* dan pemberian obat analgesik keluhan dan skala nyeri berkurang. Perawat diharapkan memberikan terapi *foot massage* pada pasien post SC.

Kata kunci: post *sectio caesarea*, *foot massage*, nyeri
Daftar bacaan: 30 (2019-2025)

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APPLICATION OF FOOT MASSAGE THERAPY IN POST SECTION
CAESAREAN PATIENTS WITH NURSING PROBLEMS OF ACUTE PAIN IN
HANDAYANI HOSPITAL KOTABUMI NORTH LAMPUNG
xvi+ 51 pages + 6 tables + 5 pictures + 4 appendices

ABSTRACT

Cesarean section (CS) is a surgical procedure in which an incision is made in the abdominal or uterine wall to deliver the fetus. The main problem that arises after a CS procedure is acute pain. Pain has negative impacts, disrupting the initial bonding between mother and baby and limiting the patient's ability to move. Non-pharmacological management of pain includes foot massage, as there are many nerves in the feet connected to internal organs. This study aims to describe the application of foot massage in post-CS patients at Handayani Hospital. This study used a descriptive case study method involving one patient who received foot massage treatment. The foot massage was administered for 20 minutes, one hour after analgesic administration, for three consecutive days. The results showed that before receiving foot massage and analgesic collaboration, the pain scale was 8 (severe pain), with the patient grimacing and afraid to move. After receiving foot massage and analgesic collaboration, the pain scale decreased to 1 (mild pain), with the patient no longer grimacing and able to walk. Thus, it can be concluded that the application of foot massage combined with analgesic administration reduces pain complaints and pain scale scores. Nurses are encouraged to provide foot massage therapy to post-CS patients.

Keywords: post caesarean section, foot massage, pain
Reading list: 30 (2019-2025)