

POLITEKNIK KESEHATAN KEMENKES TANJUNGPINANG
JURUSAN KEBIDANAN

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Penerapan Pijat Kaki dan Rendam Air Hangat dengan Campuran Kencur untuk Mengurangi Oedema Kaki Ibu Hamil Trimester III terhadap Ny. M di PMB Meta Susanti, S.Tr.Keb, Lampung Selatan 2025
xvii + 65 halaman + 4 tabel + 3 gambar

RINGKASAN

Oedema kaki merupakan salah satu ketidaknyamanan fisiologis yang sering dialami oleh ibu hamil trimester III akibat penumpukan cairan dan penekanan rahim terhadap pembuluh darah. Kondisi ini dapat mengganggu aktivitas dan kenyamanan ibu hamil. Terapi non-farmakologis seperti pijat kaki dan rendam air hangat dengan campuran kencur dipercaya dapat membantu mengurangi oedema secara aman dan alami.

Untuk memberikan asuhan kebidanan kepada Ny. M, ibu hamil trimester III yang mengalami oedema kaki, melalui intervensi pijat kaki dan rendam air hangat dengan campuran kencur.

Studi kasus ini dilakukan di PMB Meta Susanti, S.Tr.Keb Lampung Selatan pada bulan Februari 2025 dengan pendekatan manajemen kebidanan 7 langkah Varney dan dokumentasi SOAP. Intervensi dilakukan selama 5 hari, dengan durasi pijat kaki selama 10 menit per kaki dan perendaman kaki selama 30 menit menggunakan air bersuhu 40,5–43°C yang dicampur dengan 3–5 ruas kencur.

Setelah intervensi dilakukan secara rutin, terjadi penurunan derajat oedema pada kaki Ny. M. Ibu merasa lebih nyaman, dapat beraktivitas dengan lebih baik, dan tidak lagi mengalami keluhan berat di kaki. Penerapan pijat kaki dan rendam air hangat dengan campuran kencur terbukti efektif dalam mengurangi oedema kaki pada ibu hamil trimester III dan dapat menjadi alternatif terapi komplementer yang aman dan mudah diterapkan dalam praktik kebidanan.

Kata Kunci: Oedema kaki, pijat kaki, rendam air hangat, kencur, ibu hamil trimester III

Daftar bacaan : 20 (2013-2023)

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Application of Foot Massage and Warm Water Soak with Kaempferia galanga to Reduce Lower Limb Edema in Third Trimester Pregnant Women: A Case Study of Mrs. M at PMB Meta Susanti, S.Tr.Keb, South Lampung, 2025

xvii + 65 pages + 4 tables + 3 pictures

ABSTRACT

Leg edema is one of the physiological discomforts often experienced by pregnant women in their third trimester due to fluid buildup and pressure from the uterus on blood vessels. This condition can interfere with the activities and comfort of pregnant women. Non-pharmacological therapies such as foot massage and warm water baths with ginger are believed to help reduce edema safely and naturally.

To provide midwifery care to Mrs. M, a pregnant woman in her third trimester experiencing leg edema, through foot massage and warm water soaks with ginger. This case study was conducted at PMB Meta Susanti, S.Tr.Keb Lampung Selatan in February 2025 using the 7-step Varney midwifery management approach and SOAP documentation. The intervention was conducted over 5 days, with foot massage lasting 10 minutes per foot and foot soaking for 30 minutes using water at a temperature of 40.5–43°C mixed with 3–5 pieces of ginger.

After the intervention was carried out routinely, there was a decrease in the degree of edema in Mrs. M.'s feet. She felt more comfortable, was able to perform activities better, and no longer experienced severe discomfort in her feet. The application of foot massage and warm water soaking with ginger mixture proved effective in reducing foot edema in third-trimester pregnant women and can serve as a safe and easy-to-implement complementary therapy in midwifery practice.

Keywords: *Lower limb edema, foot massage, warm water soak, Kaempferia galanga, third-trimester pregnancy*

Reading List : 20 (2013-2023)