

POLITEKNIK KESEHATAAN TANJUNGPUR
PROGRAM STUDI DIII KEBIDANAN TANJUNGPUR

Laporan Tugas, April 2025

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**PENERAPAN ANKLE PUMPING EXERCISE DAN ELEVASI POSISI KAKI
PADA IBU HAMIL DENGAN OEDEMA KAKI DI PMB SRI WINDARTI,
Str.Keb., Bdn., MKM KABUPATEN LAMPUNG SELATAN TAHUN 2025**
xvi+83 halaman, 4 tabel, 2 gambar, 9 lampiran

RINGKASAN

Di Indonesia edema kaki dialami oleh ibu hamil trimester III, 40% edema dijumpai pada kehamilan normal, 60% edema dijumpai pada kehamilan hipertensi, 80% terjadi pada kehamilan dengan hipertensi dan proteinuria. Seorang wanita hamil dapat mengalami edema pada bagian-bagian tubuh, termasuk ekstremitas bawah (lokalisata) hingga seluruh tubuh. Selama proses kehamilan itu berlangsung terjadi perubahan secara fisik yang dapat menimbulkan ketidaknyamanan terutama trimester III seperti sering buang air kecil, sesak nafas, nyeri punggung, nyeri ulu hati, konstipasi, insomnia, dispnea sehingga penulis melakukan studi kasus di PMB Sri Windarti.

Metode yang digunakan dalam studi kasus ini yaitu menentukan lokasi dan waktu pelaksanaan, selanjutnya menentukan subjek laporan, lalu melakukan pengumpulan data melalui wawancara kepada Ny. D, lalu pemeriksaan fisik dan melalui studi dokumentasi yang didapat melalui dari buku catatan perkembangan.

Setelah penerapan Ankle Pumping Exercise dan Elevasi Posisi Kaki pada Ny. D selama 7 hari terhitung tanggal 10 - 16 April 2025 untuk mengurangi edema kaki berjalan dengan baik, diperoleh hasil pada Ny. D, bahwa pada kunjungan terakhir ibu mengatakan bahwa keluhananya tentang edema kaki sudah berkurang, awalnya pada tingkat grade II setelah dilakukan asuhan grade edema sekarang menjadi grade 0.

Berdasarkan studi kasus yang telah dilakukan didapatkan kesimpulan bahwa Ankle Pumping Exercise dan Elevasi Posisi Kaki dapat mengurangi oedema. penulis harap ibu hamil yang melakukan Ankle Pumping Exercise dan Elevasi Posisi Kaki ini dapat membantu mengurangi keluhan yang dirasakan dan ilmu yang diberikan dapat bermanfaat dan diterapkan.

Kata kunci : Edema Kaki, Ankle Pumping Exercise, Elevasi Posisi Kaki
Daftar bacaan : 17 (2019-2024)

HEALTH POLITECHNIC OF TANJUNG KARANG
STUDY PROGRAM DIII KEBIDANAN TANJUNG KARANG

Final project report, April 2025

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**APPLICATION OF ANKLE PUMPING EXERCISE AND LEGS POSITION
ELEVATION IN PREGNANT WOMEN WITH LEGS OEDEMA IN PMB SRI
WINDARTI, Str.Keb., Bdn., MKM SOUTH LAMPUNG DISTRICT IN 2025**

xvi+83 pages, 4 tables, 2 picture, 9 attachment

ABSTRACT

In Indonesia, leg edema is experienced by pregnant women in the third trimester, 40% of edema is found in normal pregnancies, 60% of edema is found in hypertensive pregnancies, 80% occurs in pregnancies with hypertension and proteinuria. A pregnant woman can experience edema in parts of the body, including the lower extremities (localized) to the entire body. During the pregnancy process, physical changes occur that can cause discomfort, especially in the third trimester such as frequent urination, shortness of breath, back pain, heartburn, constipation, insomnia, dyspnea so that the author conducted a case study at PMB Sri Windarti.

The method used in this case study is to determine the location and time of implementation, then determine the subject of the report, then collect data through interviews with Mrs. D, then physical examination and through documentation studies obtained from the development record book.

After the implementation of Ankle Pumping Exercise and Elevation of the Leg Position on Mrs. D for 7 days from April 10-16, 2025 to reduce leg edema went well, the results obtained on Mrs. D, that at the last visit the mother said that her complaints about leg edema had decreased, initially at grade II after the grade edema care was carried out, now it is grade 0.

Based Based on the case study that has been conducted, it was concluded that Ankle Pumping Exercise and Elevation of the Foot Position can reduce edema. The author hopes that pregnant women who do Ankle Pumping Exercise and Elevation of the Foot Position can help reduce the complaints felt and the knowledge provided can be useful and applied.

Keywords : Leg Edema, Ankle Pumping Exercise, Leg Position Elevation

Reading List : 17 (2019-2024)