

POLITEKNIK KESEHATAN KEMENKES TANJUNGPUR
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Penerapan Kompres Penerapan Kompres Gel Relaxant Hot And Cold Terhadap Penurunan Skala Nyeri Pembengkakan Payudara Ibu Nifas Pada Ny.L P1A0 Di TPMB Sri Windarti Lampung Selatan.

Xvi + 53 halaman, 2 tabel, 2 gambar, dan 5 lampiran.

RINGKASAN

Pembengkakan payudara terjadi peningkatan produksi ASI melebihi kapasitas penyimpanan dan terjadi pada awal masa menyusui. Berdasarkan pre survei di TPMB Sri Windarti, Lampung selatan. Pada bulan februari-april sebanyak 10 ibu nifas Terdapat 1 Kasus Ibu yang mengalami pembengkakan payudara akibat bendungan ASI, yaitu Ny. L P1A0 Ibu mengatakan mengalami rasa nyeri pada payudara dan ASI tidak lancar ibu mengeluh sangat terganggu dengan keadaannya. Berdasarkan keluhan tersebut penulis memberikan asuhan penerapan kompres gel relaxant hot and cold.

Tujuan dari penerapan kompres gel relaxant hot and cold pada Ny.L P1A0 adalah untuk membantu mengurangi nyeri pada pembengkakan payudara yang dialami oleh ibu.

Metode penulisan yang digunakan berupa studi kasus dengan penerapan 7 langkah varney dan didokumentasikan secara SOAP, subjek Ny.L P1A0 objek penerapan kompres gel relaxant hot and cold di TPMB Sri Windarti, Lampung Selatan.

Berdasarkan hasil evaluasi didapatkan bengkak pada payudara ibu Ny. L mengalami penurunan dari skala 5 menjadi skala 1, dapat disimpulkan bahwa penatalaksanaan penerapan kompres gel relaxant hot and cold efektif dalam mengurangi nyeri pembengkakan payudara. Disarankan kepada tenaga kesehatan untuk dapat menjadikan acuan untuk mengurangi nyeri pembengkakan payudara dengan melakukan penerapan kompres gel relaxant hot and cold.

Kata Kunci : kompres gel, ibu nifas, pembengkakan payudara

Daftar Baca : 27 (2021-2025)

**POLYTECHNIC OF HEALTH MINISTRY OF HEALTH TANJUNG
KARANG DEPARTMENT OF MIDWIFERY**
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Application of hot and cold relaxant gel compresses to reduce the pain scale of breast swelling in postpartum mothers in Mrs. L PIA0 at TPMB Sri Windarti, South Lampung.

Xvi + 53 Pages + 2 Tables + 2 Figures + 5 Attachments

ABSTRACT

Breast engorgement occurs when breast milk production increases beyond storage capacity and occurs at the beginning of breastfeeding. Based on a pre-survey at TPMB Sri Windarti, South Lampung. In February-April, there were 10 postpartum mothers. There was 1 case of a mother who experienced breast swelling due to breast milk engorgement, namely Mrs. L PIA0. The mother said she experienced pain in her breasts and breast milk was not flowing smoothly. The mother complained that she was very disturbed by her condition. Based on these complaints, the author provided care by applying hot and cold relaxant gel compresses.

The purpose of applying hot and cold relaxant gel compresses to Mrs. L PIA0 is to help reduce pain from breast swelling experienced by the mother.

The writing method used is a case study with the application of 7 Varney steps and documented in soap, subject Mrs. L PIA0 object of the application of hot and cold relaxant gel compresses at TPMB Sri Windarti, South Lampung.

Based on the evaluation results, it was found that the swelling in Mrs. L's breasts decreased from a scale of 5 to a scale of 1. It can be concluded that the management of applying hot and cold relaxant gel compresses is effective in reducing breast swelling pain. It is recommended that health workers can use this as a reference to reduce breast swelling pain by applying hot and cold relaxant gel compresses.

Keywords : gel compress, Postpartum mothers, breast swelling

Reading list : 27 (2021-2025)