

POLITEKNIK KESEHATAN TANJUNG KARANG

PROGRAM STUDI DIII KEBIDANAN TANJUNG KARANG

Laporan Tugas akhir, JUNI 2022

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Studi Kasus Efektifitas Aromaterapi Lemon dan Bitter Orange Terhadap Intensitas Nyeri Persalinan kala 1 fase aktif di PMB NURMALADEWI,S,ST, 2022.

Xvi+ Halaman 45, 1 tabel, 9 gambar, 7 lampiran

RINGKASAN

Berdasarkan hasil survey yang diperoleh ,bahwa nyeri persalinan adalah hal yang sering terjadi saat ibu bersalin disebabkan karena adanya kontraksi dan peregangan segmen bawah Rahim serviks.berdasarkan hasil survey di pmb bidan Nurmaladewi bahwa terdapat 8 ibu bersalin yang mengalami nyeri persalinan dengan instensitas sedang, dan 4 mengalami nyeri persalinan instensitas ringan. Untuk itu penulis melakukan asuhan yang berjudul efektifitas aromaterapi lemon dan bitter orange terhadap intensitas nyeri persalinan kala 1 fase aktif.

Tujuan Dilakukan asuhan kebidanan dengan efektifitas aromaterapi lemon dan bitter orange terhadap intensitas nyeri persalinan kala 1fase aktif di klinik Nurmaladewi S,ST

Metode asuhan yang digunakan yaitu penulis melakukan asuhan kebidanan pada ibu bersalin yang mengalami nyeri persalinan yaitu Ny. R di PMB Nurmaladewi,SST dengan manajemen kebidanan dalam menyusun laporan ini adalah 7 langkah varney . Dan didokumentasikan menggunakan SOAP. Dan alat ukur yang digunakan adalah skala visual. Penerapan aromaterapi lemon dan bitter orange dilakukan pada saat Ny.R merasakan nyeri.

Hasil asuhan berdasarkan asuhan kebidanan yang diberikan terhadap Ny.R didapatkan hasil yaitu ibu masih merasakan sedikit nyeri masih bisa dikontrol dan dapat mengikuti instruksi yang diberikan,semoga untuk kedepannya asuhan ini dapat diterapkan oleh bidan kepada ibu bersalin untuk mengurangi rasa nyeri terhadap persalinan di PMB Nurmaladewi, S,ST.

Kata kunci : aromaterapi,nyeri persalinan

Daftar baca : 13(2015-2020)

HEALTH POLYTECHNIC OF TANJUNGPUR

DIPLOMA IN MIDWIFERY STUDY PROGRAM OF TANJUNGPUR

Final Task Report, June 2022

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Case study of the use of the effectiveness of lemon and bitter orange aromatherapy on the intensity of labor pain in the active phase of the 1st stage at PMB Farida Soraya Str keb, 2022.

Xvi + 45 pages, 1 table, 9 pictures, 7 attachment

ABSTRACT

Based on the survey results, it was found that labor pain is something that often occurs during labor due to contractions and stretching of the lower uterine segment of the cervix. Based on the results of a survey at PMB midwife Nurmaladewi that there were 8 maternity mothers who experienced labor pain of moderate intensity, and 4 experienced labor pain of mild intensity. For this reason, the author carried out an education entitled the effectiveness of lemon and bitter orange aromatherapy on the intensity of labor pain in the active phase of the 1st stage.

Objective midwifery care was carried out with the effectiveness of lemon and bitter orange aromatherapy on the intensity of labor pain in the active phase of 1st stage at the clinic Nurmaladewi S, ST.

Methods the method of care used is that the author performs midwifery care for maternity mother who experience labor pain, namely Mrs. R at PMB Nurmaladewi, SST with midwifery management in compiling this report are 7 steps Varney and documented using SOAP. And the measuring tool used is a visual scale. The application of lemon and bitter orange aromatherapy was carried out when Mrs. R felt pain.

The results of the study based on the midwifery care given to Mrs. R, it was found that the mother still felt a little pain, she could still control it and could follow the instructions given, hopefully in the future this care can be applied by midwives to maternity mothers to reduce pain during childbirth at PMB Nurmaladewi, S, ST.

Keywords : aromatherapy, labor pain
Reading list : 13 (2015-2020)