

ANALISIS ASUHAN KEPERAWATAN DENGAN TERAPI *DEEP TISSUE MASSAGE* TERHADAP INTENSITAS NYERI DAN KENYAMANAN PADA PASIEN *POST SECTIO CAESAREA* DI RSPAD GATOT SOEBROTO

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Abstrak

Persalinan adalah proses alami dan dinantikan oleh tiap ibu hamil. Proses persalinan melalui jalan lahir, dengan vagina maupun melalui prosedur operasi *sectio caesarea* (SC) dengan tujuan menyelamatkan nyawa ibu serta janin ketika terjadi komplikasi kehamilan dan persalinan. Salah satu keluhan paling sering dialami ibu *post SC* adalah nyeri, mengakibatkan rasa tidak nyaman dan jika tidak ditangani dengan baik dapat mengganggu proses mobilisasi dan perlekatan antara ibu dan bayi. Manajemen nyeri dapat dilakukan dengan berbagai cara, salah satunya melalui teknik non farmakologis terapi *Deep Tissue Massage* (DTM). Studi kasus ini bertujuan untuk menganalisis penerapan *Evidence Based Practice* berupa intervensi terapi DTM pada pasien ibu *post SC* dengan masalah nyeri akut, yang dilakukan selama dua kali pertemuan pada 10 dan 22 jam pertama pasca operasi SC. Intensitas skala nyeri diobservasi menggunakan *Visual Analog Scale* (VAS) dan tingkat kenyamanan dengan *Post Partum Comfort Questionnaire* (PPCQ) diukur baik sebelum maupun setelah pemberian terapi. Hasil studi kasus menunjukkan bahwa terdapat penurunan nyeri yang signifikan pada pasien kelolaan, dimana nilai intensitas nyeri sebelum intervensi yaitu skala 6 (nyeri berat) dan menurun menjadi skala nyeri 3 (nyeri ringan), begitu juga dengan tingkat kenyamanan yang menunjukkan adanya peningkatan berdasarkan hasil skor *Post Partum Comfort Questionnaire* (PPCQ) yang sebelum diberikan intervensi mendapat hasil skor 129 dan setelah diberikan intervensi DTM menjadi 142 setelah dua kali pemberian terapi. Berdasarkan temuan tersebut, hal ini diharapkan dapat menjadi alternatif tatalaksana manajemen nyeri secara non farmakologis pada ibu *post SC*.

Kata Kunci : Intensitas Nyeri, *Post Sectio Caesarea*, Tingkat Kenyamanan

**ANALYSIS OF NURSING CARE WITH DEEP TISSUE
MASSAGE THERAPY ON PAIN INTENSITY AND COMFORT
IN PATIENTS POST SECTIO CAESAREA
AT RSPAD GATOT SOEBROTO**

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Abstract

Childbirth is a natural and anticipated process for every pregnant woman. The process of delivery through the birth canal, vaginally or through sectio caesarea (SC) surgical procedures with the aim of saving the life of the mother and fetus when complications of pregnancy and childbirth occur. One of the most common complaints experienced by post-SC mothers is pain, causing discomfort and if not handled properly can interfere with the mobilization process and attachment between mother and baby. Pain management can be done in various ways, one of which is through non-pharmacological techniques of Deep Tissue Massage (DTM) therapy. This case study aims to analyze the application of Evidence Based Practice in the form of DTM therapy interventions in post-SC maternal patients with acute pain problems, which were carried out for two meetings in the first 10 and 22 hours after SC surgery. The intensity of the pain scale was observed using the Visual Analog Scale (VAS) and the level of comfort with the Post Partum Comfort Questionnaire (PPCQ) was measured both before and after therapy. The results of the case study showed that there was a significant decrease in pain in the managed patients, where the value of pain intensity before the intervention was a scale of 6 (severe pain) and decreased to a pain scale of 3 (mild pain), as well as a level of comfort that showed an increase based on the results of the Post Partum Comfort Questionnaire (PPCQ) score which before the intervention received a score of 129 and after being given the DTM intervention to 142 after two treatments. Based on these findings, this is expected to be an alternative to non-pharmacological pain management in post SC mothers.

Keywords : *Comfort Level, Pain Intensity, Post Sectio Caesarea*