

ASUHAN KEPERAWATAN PADA NY. N (P1A0) *POST SECTIO CAESAREA* ATAS INDIKASI OLIGOHIIDRAMNION DAN *POSTTERM* DI RUANG SERUNI RSUD TARAKAN JAKARTA PUSAT

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Abstrak

Latar Belakang: Angka Kematian Ibu (AKI) di Indonesia masih tinggi, salah satunya disebabkan oleh komplikasi kehamilan seperti oligohidramnion dan postterm. Kondisi ini meningkatkan risiko persalinan *sectio caesarea* yang turut mengalami peningkatan setiap tahunnya. *Sectio caesarea* memiliki dampak terhadap kondisi ibu pascaoperasi, sehingga diperlukan peran tenaga kesehatan dalam memberikan asuhan keperawatan yang optimal. **Motode:** Desain yang digunakan adalah deskriptif dengan pendekatan studi kasus keperawatan, meliputi pengkajian, diagnosa, intervensi, implementasi, evaluasi, dan dokumentasi keperawatan. **Tujuan:** Penelitian ini dilakukan untuk memberikan asuhan keperawatan secara komprehensif kepada Ny. N (P1A0) *post sectio caesarea* atas indikasi oligohidramnion dan *postterm* di ruang seruni RSUD tarakan jakarta pusat. **Hasil:** Ditetapkan empat diagnosa keperawatan yaitu: Nyeri akut berhubungan dengan agen pencedera fisik, Gangguan mobilitas fisik berhubungan dengan nyeri, Menyusui tidak efektif berhubungan dengan ketidakadekuatan suplai ASI, dan Konstipasi berhubungan dengan ketidakcukupan asupan serat. Setelah melakukan implementasi selama tiga hari, didapatkan hasil skala nyeri menurun dengan skala 1, mobilisasi pasien membaik, produksi ASI meningkat, serta pasien mampu defekasi normal. **Kesimpulan:** Asuhan keperawatan pada Ny. N *post sectio caesarea* atas indikasi oligohidramnion dan *postterm* dilakukan selama 3x24 jam. Ditemukan empat diagnosa keperawatan: nyeri akut, gangguan mobilitas fisik, menyusui tidak efektif, dan konstipasi. Setelah dilakukan tindakan keperawatan, tiga diagnosa teratasi dan satu diagnosa nyeri akut menunjukkan perbaikan dengan nyeri skala 1, dilanjutkan penanganan mandiri di rumah.

Kata Kunci: Nyeri Akut, Oligohidramnion, *Post Sectio Caesarea*, *Postterm*

NURSING CARE FOR NY. N (P1A0) POST SECTIO CAESAREA FOR INDICATIONS OF OLIGOHYDRAMNIOS AND POSTTERM IN THE SERUNI ROOM OF TARAKAN HOSPITAL JAKARTA CENTER

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Abstract

Background: The Maternal Mortality Rate (MMR) in Indonesia is still high, one of which is caused by pregnancy complications such as oligohydramnios and postterm. This condition increases the risk of caesarean section delivery which also increases every year. Caesarean section has an impact on the condition of the mother after surgery, so the role of health workers is needed in providing optimal nursing care. **Method:** The design used is descriptive with a case study approach to protection, including assessment, diagnosis, intervention, implementation, evaluation, and documentation of protection. **Objective:** This study was conducted to provide comprehensive care to Mrs. N (P1A0) post caesarean section for indications of oligohydramnios and postterm in the Seruni Room, Tarakan Hospital, Central Jakarta. **Results:** Four nursing diagnoses were determined, namely: Acute pain related to physical injury agents, Impaired physical mobility related to pain, Ineffective breastfeeding related to inadequate breast milk supply, and Constipation related to inadequate fiber intake. After implementing for three days, the results showed that the pain scale decreased by scale 1, patient mobilization improved, breast milk production increased, and the patient was able to defecate normally. **Conclusion:** Nursing care for Mrs. N post sectio caesarea for indications of oligohydramnios and postterm was carried out for 3x24 hours. Four nursing diagnoses were found: acute pain, impaired physical mobility, ineffective breastfeeding, and constipation. After nursing actions were carried out, three diagnoses were resolved and one diagnosis of acute pain showed improvement with pain scale 1, continued with independent management at home.

Keywords: Acute Pain, Oligohydramnios, Post Sectio Caesarea, Postterm