

# **ASUHAN KEPERAWATAN PADA NY. D (P4A0) DENGAN POST SEKSIO SESAREA ATAS INDIKASI KETUBAN PECAH DINI DI RSUD PASAR REBO**

**Syifa Azzahra**

## **Abstrak**

**Latar belakang:** Operasi caesar (seksio sesarea) merupakan salah satu tindakan medis yang umum dilakukan saat persalinan, dengan prevalensi global mencapai 41,3% menurut WHO (2021). Di Indonesia, angka persalinan melalui seksio sesarea mencapai 17,6%, dengan Jakarta mencatat angka tertinggi sebesar 31,1%. Salah satu indikasi utama tindakan ini adalah ketuban pecah dini (KPD), yang terjadi pada sekitar 8–10% kehamilan. Meskipun menyelamatkan jiwa ibu dan bayi, operasi ini juga menimbulkan tantangan dalam pemulihan, seperti nyeri akut, kecemasan, keterbatasan mobilisasi, dan gangguan perawatan diri. **Tujuan:** Penelitian ini bertujuan untuk menggambarkan asuhan keperawatan komprehensif pada Ny. D P4A0 pasca operasi seksio sesarea dengan indikasi KPD, dengan fokus pada manajemen nyeri, mobilisasi, kecemasan, risiko infeksi, dan perawatan diri. **Metode:** Studi kasus dilakukan terhadap Ny. D di RSUD Pasar Rebo. Asuhan keperawatan diberikan selama tiga hari menggunakan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Intervensi menggunakan strategi nonfarmakologis seperti edukasi, terapi relaksasi napas dalam, dukungan emosional, dan dukungan perawatan diri. Hasil: Diperoleh hasil positif berupa penurunan nyeri, penurunan kecemasan, peningkatan mobilisasi, pencegahan infeksi, serta peningkatan kemandirian pasien dalam perawatan diri. Kesimpulan: Asuhan keperawatan yang terstruktur dan menyeluruh terbukti efektif mempercepat pemulihan ibu post seksio sesarea. Pendekatan holistik diperlukan untuk mengatasi dampak fisik dan psikologis pascaoperasi secara optimal.

**Kata kunci:** Seksio Sesarea, Asuhan Keperawatan.

# **NURSING CARE FOR MRS. D (P4A0) WITH POST CAESAREAN SECTION FOR INDICATION OF PREMATURE RUPTURE OF MEMBRANES AT PASAR REBO HOSPITAL**

**Syifa Azzahra**

## ***Abstract***

**Background:** Caesarean section is one of the most common medical procedures performed during childbirth, with a global prevalence of 41.3% according to WHO (2021). In Indonesia, the cesarean section delivery rate is 17.6%, with Jakarta recording the highest rate at 31.1%. One of the main indications for this procedure is premature rupture of membranes (KPD), which occurs in about 8-10% of pregnancies. Although life-saving for both mother and baby, this surgery also poses challenges in recovery, such as acute pain, anxiety, limited mobilization, and impaired self-care. **Objectives:** This study aims to describe comprehensive nursing care for Mrs. D P4A0 after cesarean section with indications of COPD, with a focus on pain management, mobilization, anxiety, infection risk, and self-care. **Methods:** A case study was conducted on Mrs. D at Pasar Rebo Hospital. Nursing care was provided for three days using the nursing process approach which includes assessment, diagnosis, intervention, implementation, and evaluation. Interventions used nonpharmacological strategies such as education, deep breath relaxation therapy, emotional support, and self-care support. **Results:** Positive results were obtained in the form of decreased pain, decreased anxiety, increased mobilization, infection prevention, and increased patient independence in self-care. **Conclusion:** Structured and comprehensive nursing care is proven to be effective in accelerating the recovery of post-cesarean section mothers. A holistic approach is needed to optimally address the physical and psychological impacts of postoperative care.

**Keywords:** Cesarean Section, Nursing Care.