

ANALISIS ASUHAN KEPERAWATAN PADA IBU PASCA OPERASI *SECTIO CAESAREA* (SC) DENGAN PENERAPAN MOBILISASI DINI UNTUK MENURUNKAN NYERI

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Abstrak

Angka kelahiran melalui operasi caesar meningkat secara global. Di Indonesia, Survei Kesehatan Indonesia (SKI) 2023 mencatat bahwa 25,9% dari 70.916 persalinan dilakukan dengan metode ini, yakni sekitar 18.367 kasus. Nyeri pasca operasi merupakan keluhan umum yang dialami ibu akibat insisi pada dinding perut yang memutus jaringan kulit. Salah satu upaya untuk mengurangi nyeri ini adalah melalui mobilisasi dini. Karya ilmiah ini bertujuan menganalisis asuhan keperawatan melalui penerapan intervensi mobilisasi dini untuk menurunkan nyeri pasca operasi SC. Pendekatan studi kasus digunakan terhadap dua pasien pasca SC. Intervensi dilakukan dalam tiga tahap, yaitu pada 6, 12, dan 24 jam pertama setelah operasi. Penilaian nyeri dilakukan menggunakan *Numeric Rating Scale* sebelum dan setelah intervensi. Hasil menunjukkan penurunan tingkat nyeri yang signifikan. Pada pasien pertama, nyeri berkurang dari berat ke sedang, dan pada pasien kedua dari sedang ke ringan. Kesimpulannya, mobilisasi dini efektif dalam menurunkan nyeri pasca operasi SC. Diharapkan edukasi mengenai mobilisasi dini sudah diberikan sejak masa kehamilan agar ibu lebih siap menghadapi nyeri pasca operasi.

Kata Kunci: Mobilisasi Dini; Nyeri; Sectio Caesarea

ANALYSIS OF NURSING CARE IN POSTOPERATIVE SECTIO CAESAREA (SC) MOTHERS WITH THE APPLICATION OF EARLY MOBILIZATION TO REDUCE PAIN

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Abstract

Caesarean section birth rates are increasing globally. In Indonesia, the 2023 Indonesian Health Survey (IHS) recorded that 25.9% of the 70,916 deliveries were performed by this method, which is approximately 18,367 cases. Postoperative pain is a common complaint experienced by mothers due to the incision on the abdominal wall that breaks the skin tissue. One of the efforts to reduce this pain is through early mobilization. This scientific work aims to analyze nursing care through the application of early mobilization interventions to reduce postoperative SC pain. A case study approach was used for two post-SC patients. The intervention was carried out in three stages, namely at 6, 12, and the first 24 hours after surgery. Pain assessment was performed using the Numeric Rating Scale before and after the intervention. Results showed a significant reduction in pain levels. In the first patient, pain was reduced from severe to moderate, and in the second patient from moderate to mild. In conclusion, early mobilization is effective in reducing pain after SC surgery. It is expected that education about early mobilization has been given since pregnancy so that mothers are better prepared to face postoperative pain.

Keywords: *Early Mobilization; Pain; Sectio Caesarea*