

**ANALISIS ASUHAN KEPERAWATAN PADA IBU *POST-SECTIO CAESAREA*  
ATAS INDIKASI PREEKLAMPSIA DENGAN INTERVENSI TERAPI  
RENDAM KAKI AIR SEREH DI RUANG PONEK DI RSUD DR.  
CHASBULLAH ABDULMADJID KOTA BEKASI**

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**Abstrak**

Preeklampsia merupakan komplikasi kehamilan yang sering terjadi dan menjadi alasan utama tindakan *sectio caesarea*, terutama bila disertai kejang atau kondisi berat yang memerlukan persalinan segera. Penanganan biasanya menggunakan obat, namun efek samping obat kimia mendorong penggunaan terapi nonfarmakologis seperti rendam kaki air hangat bercampur serih. Penelitian ini bertujuan menilai efektivitas terapi tersebut dalam menurunkan tekanan darah pada pasien *post sectio caesarea* dengan indikasi preeklampsia. Metode menggunakan studi kasus pada dua pasien di RSUD Dr. Chasbullah Abdulmadjid, Bekasi. Terapi dilakukan tiga hari berturut-turut selama  $\pm 15$  menit per sesi, dengan pengukuran tekanan darah sebelum dan sesudah intervensi. Hasil observasi menunjukkan adanya penurunan tekanan darah pada kedua pasien. Pada Ny. M tekanan darah pasca terapi berturut-turut tercatat: hari ke-1 (150/85mmHg), hari ke-2 (149/107mmHg), dan hari ke-3 (112/82mmHg). Sementara itu, Ny. F menunjukkan tekanan darah pasca terapi : hari ke-1 (140/85mmHg), hari ke-2 (130/85mmHg), dan hari ke-3 (121/82mmHg). Selain itu, dilaporkan pula peningkatan tingkat kenyamanan subjektif dan penurunan intensitas nyeri pada kedua pasien. Kesimpulannya terapi ini dapat menjadi terapi pendukung dari faktor penurunan tekanan darah baik dari terapi farmakologis maupun dukungan keluarga.

**Kata Kunci :** Preeklampsia, Tekanan Darah, Terapi Rendam Kaki Air Serih

***ANALYSIS OF NURSING CARE FOR POST-CESAREAN MOTHERS  
WITH PREECLAMPSIA INDICATIONS WITH LEMONGRASS  
WATER FOOT SOAK THERAPY INTERVENTION IN THE  
PONEK ROOM AT DR. CHASBULLAH ABDULMADJID  
HOSPITAL, BEKASI CITY***

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***Abstract***

*Preeclampsia is a common pregnancy complication and one of the main indications for performing a cesarean section, especially when accompanied by seizures or severe conditions that require immediate delivery. Management typically involves medication; however, the potential side effects of pharmacological agents have encouraged the use of non-pharmacological therapies, such as warm foot baths infused with lemongrass. This study aims to assess the effectiveness of this therapy in reducing blood pressure among post-cesarean section patients with preeclampsia. The study employed a case study design involving two patients at Dr. Chasbullah Abdulmadjid General Hospital, Bekasi. The therapy was administered for three consecutive days, with each session lasting approximately 15 minutes. Blood pressure measurements were taken before and after each intervention. The observations showed a reduction in blood pressure in both patients. In Mrs. M, post-therapy blood pressure readings were as follows: day 1 (150/85 mmHg), day 2 (149/107 mmHg), and day 3 (112/82 mmHg). Meanwhile, Mrs. F demonstrated post-therapy readings of: day 1 (140/85 mmHg), day 2 (130/85 mmHg), and day 3 (121/82 mmHg). In addition, both patients reported increased subjective comfort and decreased pain intensity. In conclusion, this therapy may serve as a supportive intervention contributing to blood pressure reduction, complementing both pharmacological treatments and family support.*

***Keywords:*** *Blood Pressure, Lemongrass Foot Soak Therapy, Preeclampsia*