

IMPLEMENTASI EDUKASI KEPERAWATAN HOLISTIK PADA PASIEN POST KURETASE DENGAN MOLA HIDATIDOSA DI RSU TANGERANG SELATAN

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ABSTRAK

Mola hidatidosa merupakan kehamilan abnormal yang dapat menyebabkan komplikasi fisik seperti perdarahan dan anemia serta dampak psikologis berupa respon berduka akibat kehilangan kehamilan. Kondisi ini memerlukan asuhan keperawatan secara komprehensif. Studi kasus ini bertujuan untuk memberikan gambaran pelaksanaan asuhan keperawatan pada pasien dengan mola hidatidosa *post* kuretase. Metode yang digunakan adalah studi kasus deskriptif dengan melibatkan satu pasien yaitu Ny. K, 25 tahun, primigravida, dengan diagnosa medis mola hidatidosa *post* kuretase di RSUD Tangerang Selatan. Asuhan keperawatan dilakukan selama 3×24 jam menggunakan pendekatan proses keperawatan. Hasil menunjukkan diagnosa keperawatan meliputi risiko perdarahan, berduka, dan defisit pengetahuan. Pada awal pengkajian pasien tampak lemah, pucat, dengan hemoglobin 9,8 g/dL dan mengalami respon berduka seperti sedih dan menangis. Setelah diberikan asuhan keperawatan, kondisi fisik pasien membaik dengan tidak adanya perdarahan aktif, tanda-tanda vital dalam batas normal, serta kondisi umum lebih stabil. Dari aspek psikologis, pasien tampak lebih tenang dan mulai mampu mengungkapkan perasaan. Selain itu, terjadi peningkatan pemahaman pasien mengenai kondisi yang dialami, perawatan diri, serta pentingnya kontrol lanjutan. Analisis dan diskusi menunjukkan bahwa asuhan keperawatan yang dilakukan secara sistematis dan holistik, meliputi intervensi fisik, dukungan psikologis, serta edukasi kesehatan, memberikan gambaran perbaikan kondisi fisik, psikologis, dan pengetahuan pasien selama masa perawatan serta membantu kesiapan pasien dalam menghadapi kehamilan berikutnya. Kesimpulan menunjukkan bahwa asuhan keperawatan secara komprehensif berperan dalam mendukung proses pemulihan pasien *post* kuretase mola hidatidosa.

Kata Kunci: Asuhan keperawatan; Edukasi kesehatan; Kuretase; Mola hidatidosa; Pemulihan pasien

**IMPLEMENTATION OF HOLISTIC NURSING EDUCATION IN POST-
CURETTAGE PATIENTS WITH HYDATIDIFORM MOLE AT RSU
TANGERANG SELATAN**

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ABSTRACT

Hydatidiform mole is an abnormal pregnancy that can cause physical complications such as bleeding and anemia, as well as psychological impacts in the form of grief response due to pregnancy loss. This condition requires comprehensive nursing care. This case study aims to describe the implementation of nursing care in a patient with post-curettage hydatidiform mole. The method used was a descriptive case study involving one patient, Mrs. K, a 25-year-old primigravida diagnosed with post-curettage hydatidiform mole at RSU Tangerang Selatan. Nursing care was provided for 3×24 hours using the nursing process approach. The results showed nursing diagnoses including risk of bleeding, grief, and knowledge deficit. At initial assessment, the patient appeared weak, pale, with a hemoglobin level of 9.8 g/dL and showed grief responses such as sadness and crying. After nursing care was provided, the patient's physical condition improved, indicated by the absence of active bleeding, stable vital signs, and improved general condition. Psychologically, the patient became calmer and was able to express her feelings. In addition, there was an improvement in the patient's understanding of her condition, self-care, and the importance of follow-up care. The analysis and discussion indicate that systematic and holistic nursing care, including physical interventions, psychological support, and health education, provides an overview of improvements in the patient's physical, psychological, and knowledge aspects during the recovery period and supports readiness for future pregnancy. In conclusion, comprehensive nursing care plays an important role in supporting the recovery process of patients with post-curettage hydatidiform mole.

Keywords: Curettage; Health education; Hydatidiform mole; Nursing care; Patient recovery