

IMPLEMENTASI *FOOT MASSAGE* UNTUK MENGURANGI TINGKAT NYERI PADA NY. M (P3A2) *POST SECTIO* *CAESAREA* DI RUANG NIFAS RSU KOTA TANGERANG SELATAN

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Abstrak

Latar belakang: Nyeri akut merupakan salah satu masalah yang sering dialami ibu *post sectio caesarea* akibat insisi pembedahan dan dapat menghambat proses pemulihan, mobilisasi, serta aktivitas ibu selama masa *postpartum*. Nyeri yang tidak tertangani dapat berdampak pada keterlambatan pemulihan, gangguan aktivitas sehari-hari, dan proses menyusui. Salah satu intervensi non-farmakologi yang dapat digunakan untuk membantu menurunkan intensitas nyeri yaitu *Foot Massage* karena memiliki efek relaksasi, meningkatkan sirkulasi darah, serta membantu menurunkan persepsi nyeri. **Tujuan:** Memberikan gambaran implementasi *Foot Massage* untuk mengurangi tingkat nyeri pada Ny. M (P3A2) *post sectio caesarea* di Ruang Nifas RSU Kota Tangerang Selatan. **Metode:** Studi kasus ini menerapkan pendekatan deskriptif kualitatif pada satu subjek pasien. Asuhan keperawatan dilakukan secara komprehensif, meliputi pengkajian, diagnosa, intervensi, implementasi, dan evaluasi. **Hasil:** Ditetapkan tiga diagnosis keperawatan yaitu nyeri akut berhubungan dengan agen pencedera fisik akibat luka *post sectio caesarea*, risiko infeksi berhubungan dengan luka operasi, dan konstipasi berhubungan dengan perubahan pola makan serta efek pembedahan. Implementasi *Foot Massage* dilakukan sebagai bagian dari manajemen nyeri selama tiga hari. Hasil evaluasi menunjukkan adanya penurunan tingkat nyeri, pasien tampak lebih rileks dan nyaman, defekasi kembali normal, serta tidak ditemukan tanda infeksi selama masa perawatan. **Kesimpulan:** Implementasi *Foot Massage* sebagai intervensi non-farmakologi berpotensi membantu menurunkan tingkat nyeri dan meningkatkan kenyamanan pada ibu *post sectio caesarea*, sehingga mendukung proses pemulihan pasien.

Kata Kunci: *Foot Massage*, Nyeri akut, *Post sectio caesarea*

IMPLEMENTATION OF FOOT MASSAGE TO REDUCE PAIN LEVELS IN MRS. M (P3A2) POST-CAESAREAN SECTION IN THE MATERNITY WARD OF SOUTH TANGERANG CITY GENERAL HOSPITAL

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Abstract

Background: Acute pain is one of the common problems experienced by mothers after sectio caesarea due to surgical incisions and may hinder the recovery process, mobility, and maternal activities during the postpartum period. Untreated pain can lead to delayed recovery, impaired daily activities, and disrupted breastfeeding. One of the non-pharmacological interventions that can be used to help reduce pain intensity is Foot Massage, as it provides relaxation effects, improves blood circulation, and helps decrease pain perception. **Objective:** To describe the implementation of Foot Massage in reducing pain levels in Ny. M (P3A2) post sectio caesarea in the Maternity Ward of South Tangerang City General Hospital. **Methods:** This case study applied a qualitative descriptive approach involving one patient as the subject. Nursing care was conducted comprehensively, including assessment, nursing diagnosis, intervention, implementation, and evaluation. **Results:** Three nursing diagnoses were established, namely acute pain related to physical injury agents due to post sectio caesarea surgical wounds, risk of infection related to surgical wounds, and constipation related to changes in dietary patterns and surgical effects. The implementation of Foot Massage was carried out as part of pain management for three days. Evaluation results showed a decrease in pain levels, the patient appeared more relaxed and comfortable, bowel elimination returned to normal, and no signs of infection were found during the treatment period. **Conclusion:** The implementation of Foot Massage as a non-pharmacological intervention has the potential to reduce pain levels and improve comfort in mothers post sectio caesarea, thereby supporting the patient's recovery process.

Keywords: Acute pain, Foot Massage, Post sectio caesarea