

IMPLEMENTASI EDUKASI PERAWATAN LUKA EPISIOTOMI MELALUI PENERAPAN *VULVA HYGIENE* PADA NY. A (P1A0) DI RSU TANGERANG SELATAN

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Abstrak

Latar Belakang: Ibu yang menjalani tindakan episiotomi memiliki peningkatan risiko infeksi pada masa *postpartum* karena adanya luka di perineum yang mudah terpapar mikroorganisme. Risiko ini akan semakin tinggi jika kebersihan perineum tidak terjaga dan *vulva hygiene* tidak dilakukan dengan benar. Karya ilmiah ini bertujuan untuk mengkaji pelaksanaan asuhan keperawatan pada Ny. A dengan luka episiotomi, meliputi pengkajian, diagnosa, perencanaan, pelaksanaan tindakan, serta evaluasi hasil asuhan keperawatan yang diberikan. Metode Karya ilmiah: Karya ilmiah ini menggunakan pendekatan deskriptif dengan metode studi kasus. Hasil Karya ilmiah: Permasalahan keperawatan yang ditemukan pada kasus adalah nyeri akut berhubungan dengan agen pencedera fisik, defisit pengetahuan (perawatan luka episiotomi) berhubungan dengan kurang terpapar informasi mengenai perawatan luka episiotomi, dan risiko infeksi berhubungan dengan faktor risiko: tindakan invasif (luka jahitan). Setelah dilakukan intervensi keperawatan selama 3x24 jam, pasien mendapatkan terapi farmakologis berupa asam mefenamat 3x500 mg untuk mengatasi nyeri dan amoxicillin 3x500 mg sebagai pencegahan infeksi. Selain itu, diberikan intervensi nonfarmakologis berupa teknik relaksasi napas dalam serta edukasi perawatan luka episiotomi melalui penerapan *vulva hygiene* yang benar dan pengenalan tanda-tanda infeksi secara dini. Hasil analisis masalah keperawatan teratasi dengan tujuan dan kriteria hasil yang ditetapkan. Kesimpulan: Pelaksanaan asuhan keperawatan pada Ny. A dengan luka episiotomi mediolateral menunjukkan hasil yang sesuai harapan. Hal ini didukung oleh adanya hubungan terapeutik yang baik antara perawat, pasien serta kerja sama dengan tim kesehatan lainnya.

Kata Kunci: Asuhan Keperawatan, Episiotomi, *Vulva hygiene*

IMPLEMENTATION OF EPISIOTOMY WOUND CARE EDUCATION THROUGH THE APPLICATION OF VULVA HYGIENE IN MRS. A (P1A0) AT SOUTH TANGERANG GENERAL HOSPITAL

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Abstract

Background: Women who undergo an episiotomy have an increased risk of infection during the postpartum due to the presence of a perineal wound that is easily exposed to microorganism. The risk may further increase if perineal cleanliness is not adequately maintained and vulvar hygiene is not properly practiced. This study aims to examine the implementation of nursing care for Mrs. A with an episiotomy wound, including assessment, nursing diagnosis, planning, implementation, and evaluation of the nursing care provided. Research Methods: This study used a descriptive approach with a case study method. Research Results: The nursing problems identified in this case were acute pain related to physical injury agents, knowledge deficit (episiotomy wound care) related to lack of exposure to information about episiotomy wound care, and risk of infection related to risk factors: invasive procedures (episiotomy stitches). After 3x24 hours of nursing interventions, the patient received pharmacological therapy consisting of mefenamic acid 3x500 mg to manage pain and amoxicillin 3x500 mg to prevent infection. The patient was also given non-pharmacological therapy in the form of deep breathing relaxation techniques. In addition, the patient was educated on proper episiotomy wound care using correct vulvar hygiene techniques and was advised to recognize early signs of infection. The analysis result showed that the nursing problems were resolved in accordance with the established goals and Outcome criteria. Conclusion: The implementation of nursing care for Mrs. A with a right mediolateral episiotomy wound showed outcomes as expected. This was supported by a good therapeutic relationship between the nurse and the patient, as well as effective collaboration with other healthcare team members.

Keywords: Nursing care, Episiotomy, Vulva hygiene