

ABSTRAK

Kehamilan bertujuan meneruskan keturunan, kehamilan dimulai dari konsepsi sampai bayi lahir. Biasanya 80% ibu hamil mengalami ketidaknyamanan salahsatunya Edema kaki fisiologis. Retensi air SERTA kenaikan tekanan vena di kaki dan terhambatnya aliran balik vena akibat tekanan uterus menyebabkan kaki edema yang Fisiologis di ibu hamil. Tujuan penelitian ini yaitu memberikan asuhan kebidanan secara komprehensif untuk mengetahui efektifitas merendam kaki dengan air hangat campur kencur pada ibu hamil trimester III yang mengalami edema kaki Fisiologis di Puskesmas Cipamokolan. Jenis penelitian studi kasus ini menggunakan metode deskriptif dengan pendekatan asuhan *continuity of care* melalui penelaahan kasus (case study) menggunakan 3 orang sampel ibu hamil yang *edema* kaki fisiologis. Cara pengambilan sampel menggunakan merupakan Purposive sampling yaitu pengambilan sampel secara purposive didasarkan pertimbangan tertentu. Setiap ibu hamil dilakukan terapi rendaman kaki menggunakan air hangat campuran kencur denga durasi 10 menit dan dilakukan selama 5 hari. Dilakukan pengkajian sebelum dan sesudah intervensi kepada responden. Hasil didapatkan bahwa terdapat penurunan derajat *edema* pada kaki ibu hamil, dapat disimpulkan bahwa merendam kaki menggunakan air hangat campur kencur baik menurunkan derajat *edema* kaki pada ibu hamil. Saran Penulis harus terus menggali ilmu pengetahuan dan mengasah keterampilan dalam melakukan pelayanan kebidanan serta kemampuan dalam memberikan konseling mengenai kasus kesenjangan yang ada dimasyarakat.

Kata Kunci : Edema kaki fisiologis, Kehamilan, Ketidaknyamanan Ibu hamil trimester III

ABSTRACT

Pregnancy aims to continue offspring, pregnancy starts from conception until the baby is born. Usually 80% of pregnant women experience discomfort, one of which is physiological leg edema. Water retention as well as an increase in venous pressure in the legs and obstruction of venous return due to uterine pressure cause physiological edema of the legs in pregnant women. The purpose of this study is to provide comprehensive midwifery care to determine the effectiveness of soaking the feet with warm water mixed with kencur in third trimester pregnant women who experience physiological foot edema at the Cipamokolan Health Center. This type of case study research uses a descriptive method with a continuity of care approach through a case study using 3 samples of pregnant women with physiological leg edema. Each pregnant woman is treated with foot bath therapy using warm water with a mixture of kencur with a duration of 10 minutes and is carried out for 5 days. An assessment was conducted before and after the intervention to the respondents. The results showed that there was a decrease in the degree of edema in the legs of pregnant women, it can be concluded that soaking the feet using warm water mixed with kencur is good for reducing the degree of leg edema in pregnant women.

Keywords: *Physiological foot edema, Pregnancy, Discomfort for third trimester pregnant women*