

ABSTRAK

Kehamilan merupakan suatu kondisi fisiologis dengan sifatnya yang unik karena, tidak sedikit yang menyebabkan ketidaknyamanan akibat berbagai perubahan anatomic serta fisiologik yang dialami tubuh ibu. Salah satunya adalah nyeri pinggang. Nyeri pinggang merupakan salah satu ketidaknyamanan yang dirasakan Ibu hamil khususnya pada kehamilan yang menginjak Trimester III. Sebanyak 50-80% Ibu hamil mengeluhkan nyeri pinggang yang cukup mengganggu selama kehamilan, adapun tujuan dari penelitian ini yaitu dapat memberikan asuhan secara komprehensif pada kehamilan khususnya yang mengalami ketidaknyamanan nyeri pinggang, persalinan, nifas, dan bayi baru lahir di Puskesmas Nagreg. Jenis Penelitian ini bersifat deskriptif dengan pendekatan *continuity of care* melalui penelaahan kasus (*case study*) dengan sampel 3 orang ibu hamil dengan keluhan nyeri pinggang, cara pengambilan sampel secara *purposive sampling*. Setiap Ibu hamil dianjurkan untuk meminum wedang jahe 2 kali sehari selama 3 hari berturut-turut. Responden dilakukan pengkajian nyeri sebelum dan sesudah dilakukan intervensi. Berdasarkan hasil pengukuran skala nyeri dengan menggunakan Verbal Rating Scale (VRS) hasil didapatkan responden mengatakan nyeri teratasi setelah mengkonsumsi wedang jahe 2 kali sehari selama 2 hari berturut-turut. Sehingga disimpulkan wedang jahe efektif untuk mengatasi nyeri pinggang selama kehamilan diharapkan pemberian wedang jahe dapat dijadikan sebagai acuan atau protap dalam memberikan asuhan kebidanan pada ibu hamil khususnya ketidaknyamanan nyeri pinggang pada trimester III.

Kata Kunci : Jahe, ketidaknyamanan, nyeri pinggang

Sumber : 14 buku = 2010-2013
9 jurnal = 2010-2019

ABSTRACT

Pregnancy is a physiological condition with a unique nature because, not least that causes discomfort due to various anatomic and physiological changes experienced by the mother's body. One of them is low back pain. Low back pain is one of the discomforts felt by pregnant women, especially in pregnancies stepping on Trimester III. As many as 50-80% of pregnant women complained of low back pain that was quite disturbing during pregnancy, while the aim of this study was to provide comprehensive care for pregnancy especially those experiencing discomfort of low back pain, childbirth, childbirth, and newborns at the Nagreg Health Center. This type of research is descriptive in nature with a continuity of care approach through a case study with a sample of 3 pregnant women with complaints of low back pain, a purposive sampling method. Every pregnant woman is recommended to drink ginger 2 times a day for 3 consecutive days. Respondents were assessed for pain before and after the intervention. Based on the results of the pain scale using the Verbal Rating Scale (VRS) the results obtained respondents said the pain was resolved after consuming ginger 2 times a day for 2 consecutive days. So it was concluded that ginger can be effective in treating low back pain during pregnancy, it is hoped that ginger can be used as a reference or procedure in providing obstetric care to pregnant women, especially the discomfort of low back pain in trimester III.

Keyword : Ginger, discomfort, low back pain

Source: 14 books = 2010-2013

9 journals = 2010-2019