

**ANALISIS ASUHAN KEPERAWATAN PADA NY. H (25 TAHUN) P1A0
POST OPERASI SECTIO CAESAREA POD 1 DAN INTERVENSI
BREAST CARE-PIJAT OKSITOSIN DI RUANG SITI KHODIJAH
RSUD AL-IHSAN PROVINSI JAWA BARAT**

Nurul Nisa Fauziah ¹, R.Nety Rustikayanti²

Fakultas Keperawatan, Universitas Bhakti Kencana

Email : 201fk03053@bku.ac.id

ABSTRAK

Menyusui merupakan proses alami yang sangat penting bagi pertumbuhan dan perkembangan bayi, namun seringkali mengalami hambatan, terutama pada ibu yang menjalani persalinan dengan sectio caesarea (SC). Hambatan tersebut umumnya disebabkan oleh nyeri pasca operasi, penggunaan anestesi, dan kurangnya stimulasi hormon oksitosin yang berperan penting dalam pengeluaran air susu ibu (ASI). Upaya untuk mengatasi masalah tersebut dapat dilakukan melalui intervensi nonfarmakologis, seperti breast care dan pijat oksitosin. Studi Kasus ini bertujuan untuk menganalisis asuhan keperawatan pada Ny. H, 25 tahun, P1A0, pasca operasi SC dengan fokus pada intervensi breast care dan pijat oksitosin untuk meningkatkan kelancaran produksi ASI. Metode penelitian menggunakan pendekatan studi kasus dengan pengkajian keperawatan, identifikasi diagnosa, perencanaan, implementasi, serta evaluasi. Hasil studi kasus menunjukkan bahwa masalah keperawatan utama adalah menyusui tidak efektif berhubungan dengan kurangnya produksi ASI. Intervensi breast care dan pijat oksitosin selama 2 hari terbukti memberikan efek positif, ditandai dengan meningkatnya rasa nyaman ibu, berkurangnya ketegangan pada payudara, serta mulai keluarnya ASI.

Kata kunci : Breast care, Pijat Oksitosin , Sectio Caesarea.

**ANALYSIS OF NURSING CARE FOR MRS. H (25 YEARS OLD) P1A0
POST-CESAREAN SECTION DAY 1 AND THE INTERVENTION OF
BREAST CARE–OXYTOCIN MASSAGE IN SITI KHODIJAH WARD
AL-IHSAN GENERAL HOSPITAL WEST JAVA PROVINCE**

Nurul Nisa Fauziah ¹, R.Nety Rustikayanti²

Fakultas Keperawatan, Universitas Bhakti Kencana

Email : 201fk03053@bku.ac.id

ABSTRACT

Breast feeding is a natural process that plays a crucial role in the growth and development of infants; however, it often encounters obstacles, particularly among mothers who undergo delivery by cesarean section (SC). These obstacles are generally caused by postoperative pain, the use of anesthesia, and insufficient stimulation of the oxytocin hormone, which is essential for breast milk (ASI) secretion. Non-pharmacological interventions such as breast care and oxytocin massage can be applied to address these issues. This case study aims to analyze nursing care for Mrs. H, a 25-year-old, P1A0, post-cesarean section, with a focus on breast care and oxytocin massage interventions to improve the smooth flow of breast milk production. The study employed a case study approach through nursing assessment, diagnosis identification, planning, implementation, and evaluation. The results indicated that the primary nursing problem was ineffective breastfeeding related to inadequate milk production. Interventions involving breast care and oxytocin massage over two days proved to have positive effects, as evidenced by increased maternal comfort, reduced breast tension, and the initiation of breast milk secretion.

Keywords : Cesarean Section, Breast care, Oxytocin massage,