PEMBERIAN REBUSAN PUTIH TELUR AYAM KAMPUNG DALAM ASUHAN KEPERAWATAN PADA IBU POST PARTUM EPISIOTOMI DENGAN LUKA PERINEUM DI RUANG JADE UOBK RSUD dr.SLAMET GARUT TAHUN 2026

SALSA NABIL QISTIANTRI
231FK06034

ABSTRAK

Latar belakang: Masa post partum merupakan periode pemulihan ibu setelah persalinan yang rentan mengalami komplikasi, salah satunya infeksi pada luka episiotomi.Proses penyembuhan luka dipengaruhi oleh pemenuhan nutrisi, terutama protein. Putih teluh ayam kampung mengandung protein albumin dan asam amino esensial yang berperan dalam pembentukan jaringan baru sehingga berpotensi mempercepat penyembuhan luka perineum. **Tujuan**:Penelitian ini bertujuan melakukan asuhan keperawatan dengan pemberian rebusan putih telur ayam kampung dalam asuhan keperawatan maternitas pada ibu post partum episiotomi dengan luka perineum di Ruang jade UOBK RSUD dr. Slamet Garut. **Metode:** Penelitian menggunakan desain deskriptif kualitatif dengan pendekatan studi kasus terhadap dua ibu post partum dengan luka episiotomi. Pengumpulan data dilakukan melalui format askep wawancara, observasi, pemeriksaan fisik, dokumentasi, skor REEDA dan studi rekam medis. Asuhan keperawatan dilaksanakan berdasarkan proses keperawatan yang meliputi pengkajian, penegakkan diagnosa, perencanaan, implementasi, dan evaluasi. **Hasil:** Setelah dilakukan asuhan keperawatan selama 3 hari diharapkan tingkat infeksi menurun, kedua klien menunjukkan perkembangan penyembuhan luka perineum yang ditandai dengan berkurangnya nyeri, menurunnya pembengkakan, tidak ditemukan tanda-tanda infeksi, serta kondisi luka tampak kering dan menyatu. **Kesimpulan:** Pemberian rebusan putih telur ayam kampung sebagai bagian dari asuhan keperawatan maternitas membantu mempercepat penyembuhan luka perineum pada ibu post partum dengan episiotomi, sehingga masalah risiko infeksi dapat dinyatakan teratasi dan proses penyembuhan luka berlangsung dengan baik. **Saran:** Perawat disarankan mengoptimalkan edukasi konsumsi rebusan putih telur ayam kampung sebagai terapi pendukung penyembuhan luka episiotomi dan referensi bagi peneliti selanjutnya.

Kata kunci: Asuhan keperawatan, episiotomi, ibu post partum, luka perineum, putih telur ayam kampung

PROVISION OF BOILED FREE-RANGE CHICKEN EGG WHITES IN NURSING CARE FOR POST PARTM MOTHERS WITH EPISIOTOMY AND PERINEAL WOUND AT THE JADE WARD, UOBK dr, SLAMET GARUT REGIONAL GENERAL HOSPITAL IN 2026

SALSA NABIL QISTIANTRI
231FK06034

ABSTRACT

Background: *The postpartum period is a recovery phase following childbirth during which mothers are susceptible to various complications, one of which is infection of episiotomy wounds. Wound healing is influenced by adequate nutritional intake, particularly protein. Boiled free-range chicken egg whites are rich in albumin protein and essential amino acids, which play an important role in tissue regeneration and have the potential to accelerate perineal wound healing.* ***Objective:*** *This study aimed to implement nursing care by administering boiled free-range chicken egg whites as a supportive intervention in maternity nursing care for postpartum mothers with episiotomy wounds in the Jade Ward, UOBK Dr. Slamet Garut Regional Hospital.* ***Methods:*** *This study employed a qualitative descriptive case study design involving two postpartum mothers with episiotomy wounds. Data were collected through nursing assessment forms, interviews, observations, physical examinations, documentation, and medical record reviews. Nursing care was carried out using the nursing process, including assessment, nursing diagnosis, planning, implementation,REEDA scores and evaluation.* ***Results:*** *After three days of nursing care,it is excpected that the infection rate will decreas, both clients demonstrated improvement in perineal wound healing, as evidenced by reduced pain, decreased swelling, absence of signs of infection, and dry, well-approximated wound edges.* ***Conclusion:*** *The administration of boiled free-range chicken egg whites as part of maternity nursing care helped accelerate perineal wound healing in postpartum mothers with episiotomy, resulting in the resolution of the risk of infection and promoting optimal wound healing R**ecommendation:*** *Nurses are encouraged to optimize education on the consumption of boiled free-range chicken egg whites as a supportive therapy for episiotomy wound healing and as a reference for future research.*

Keywords: *Nursing care, episiotomy, postpartum mothers, perineal wound, boiled free-range chicken egg whites*