

ABSTRAK

Persalinan merupakan proses dimana bayi, plasenta dan selaput ketuban keluar dari jalan lahir ibu. Persalinan normal ditandai dengan timbulnya kontraksi uterus yang dapat menimbulkan rasa nyeri. Sebanyak 60% ibu bersalin merasakan nyeri yang hebat sehingga mengatakan tidak kuat kuat untuk melanjutkan persalinan normal. Adapun tujuan dari penelitian ini yaitu dapat memberikan asuhan terintegrasi pada ibu hamil, bersalin, nifas dan BBL khususnya nyeri yang dialami ibu bersalin kala I fase aktif di PMB P. Jenis Penelitian ini bersifat deskriptif dengan pendekatan *continuity of care* dengan cara pengambilan sampel secara *purposive sampling*. Setiap Ibu bersalin kala I fase aktif diberikan intervensi kompres hangat menggunakan buli-buli hangat selama 20 menit. Responden dilakukan pengkajian nyeri sebelum dan sesudah dilakukan intervensi. Pengukuran skala nyeri dengan menggunakan Numeric Rating Scale (NRS) hasil didapatkan responden mengatakan nyeri berkurang setelah dilakukan intervensi kompres hangat dengan rata-rata penurunan skala intensitas nyeri 3. Sehingga disimpulkan kompres hangat efektif untuk mengatasi nyeri persalinan kala I fase aktif.

Kepustakaan : 37 Sumber : 2010-2019

Kata kunci : Kompres hangat, Nyeri persalinan, Kala I Fase Aktif

ABSTRACT

Labor is the process by which the baby, plasenta and placental membranes exit the mother's birth canal. Normal labor is characterized by the onset of uterine contractions that cause pain. As many 60% of mothers who gave birth felt severe pain si that they said they were not strong enough to continue normal delivery. The purpose of this study is to be able to provide integrated care for pregnant women, labor, postpartum and newborns, especially the pain experienced by mothers in labor active phase at PMB P. This type of research is descriptive with a continuity of care with the method of sampling is purposive sampling. Every mother giving birth in the active phase is given a warm compress intervention using a warm bladder for 20 minutes. Meansuring the pain scale using the Numeric Rating Scale (NRS) the results obtained by respondents said the pain was reduced after the warm compress intervention was carried out with an average decrease in pain intensity scale pf 3. So that it can be concluded that habgat compress is effective for dealing with labor pain in the active phase.

Literature : 37 Sources : 2010-2019

Keywords : Warm compresses, Labor pains, The first stage of the active phase