

**ANALISIS ASUHAN KEPERAWATAN PADA NY T P1A0 POST
PARTUM *SECTIO CAESAREA* DENGAN INTERVENSI *BREAST CARE*
TERHADAP MASALAH LAKTASI DI RUANG SITI KHODIJAH
RSUD WELAS ASIH PROVINSI JAWA BARAT**

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ABSTRAK

Masa postpartum merupakan periode kritis yang ditandai dengan perubahan fisiologis, psikologis, dan sosial yang memerlukan asuhan keperawatan komprehensif. Ibu yang menjalani *sectio caesarea* sering menghadapi tantangan lebih besar dalam menyusui karena nyeri pasca operasi, keterlambatan laktasi, serta gangguan emosional. Intervensi *breast care* merupakan salah satu tindakan keperawatan yang dapat mendukung kelancaran laktasi dengan memperlancar sirkulasi darah, mencegah sumbatan saluran susu, dan merangsang refleks oksitosin. Penelitian studi kasus ini bertujuan untuk menganalisis asuhan keperawatan pada Ny. T (P1A0) postpartum *sectio caesarea* dengan intervensi *breast care* terhadap masalah laktasi di Ruang Siti Khodijah RSUD Welas Asih Provinsi Jawa Barat. Pendekatan yang digunakan adalah proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Masalah utama yang ditemukan adalah menyusui tidak efektif dan nyeri pasca operasi. Intervensi *breast care* dilakukan melalui pijatan, kompres hangat dan dingin, serta stimulasi puting selama tiga hari berturut-turut. Hasil menunjukkan adanya peningkatan produksi ASI, berkurangnya bendungan payudara, serta meningkatnya kenyamanan ibu. Ibu mampu menyusui lebih efektif dan melaporkan rasa percaya diri yang lebih baik dalam menyusui. *Breast care* merupakan intervensi keperawatan yang efektif dalam mengatasi masalah laktasi pada ibu postpartum pasca *sectio caesarea*. Intervensi ini tidak hanya memperbaiki aspek fisiologis seperti produksi ASI dan penurunan nyeri, tetapi juga meningkatkan kesejahteraan psikologis ibu. Penelitian ini menekankan pentingnya integrasi *breast care* dalam asuhan keperawatan postpartum untuk mendukung keberhasilan pemberian ASI eksklusif.

Kata kunci: *Breast care*, Laktasi, Postpartum, *Sectio caesarea*

**ANALYSIS OF NURSING CARE FOR MRS. T (PIA0) POSTPARTUM
SECTIO CAESAREA WITH BREAST CARE INTERVENTION ON
LACTATION PROBLEMS IN SITI KHODIJAH WARD, WELAS ASIH
GENERAL HOSPITAL, WEST JAVA PROVINCE**

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ABSTRACT

Postpartum is a critical period marked by physiological, psychological, and social changes that require comprehensive nursing care. Mothers undergoing sectio caesarea often face greater challenges in breastfeeding due to postoperative pain, delayed lactation, and emotional distress. Breast care intervention is one of the nursing actions that can support lactation by improving blood circulation, preventing blocked ducts, and stimulating oxytocin reflexes. This case study aimed to analyze nursing care for Mrs. T (PIA0) postpartum sectio caesarea with breast care intervention to overcome lactation problems in Siti Khodijah Ward, Welas Asih General Hospital, West Java Province. The study applied a nursing process approach including assessment, nursing diagnoses, planning, implementation, and evaluation. The main nursing problems identified were ineffective breastfeeding and postoperative pain. Breast care intervention was carried out through massage, warm and cold compresses, and nipple stimulation over three consecutive days. The results showed improvement in milk production, reduction of breast engorgement, and increased maternal comfort. The mother was able to initiate breastfeeding more effectively and reported greater confidence in breastfeeding practices. In conclusion, breast care is an effective nursing intervention to address lactation problems among postpartum mothers after sectio caesarea. It not only improves physiological outcomes such as milk production and pain reduction but also enhances maternal psychological well-being. This study highlights the importance of integrating breast care into comprehensive postpartum nursing care to support successful exclusive breastfeeding.

Keywords : *Breast care, Lactation, Nursing care, Postpartum, Sectio caesarea*