

ABSTRAK

Latar belakang: World Health Organization (WHO) menjabarkan jumlah SC meningkat di negara berkembang mencapai 5-15% per negara, salah satu negara berkembang adalah Indonesia. Berdasarkan Riset Kesehatan Dasar Nasional yang dilaksanakan pada Tahun 2018 diperoleh hasil bahwasanya nilai rata-rata sebesar 17,6% atas kejadian persalinan Sectio Caesarea di Indonesia. **Tujuan:** Untuk menganalisis Asuhan Keperawatan pada Masalah Nyeri Akut pada Ny. L dengan Post Operasi Sectio Caesarea di Ruang Nifas RSUD Al-Ihsan Provinsi Jawa Barat. **Metode Penelitian:** ini menggunakan metode penelitian secara komperensif dalam bentuk studi kasus dengan pendekatan asuhan keperawatan meliputi pengkajian, diagnosa keperawatan, perencanaan, pelaksanaan dan evaluasi. **Hasil/data:** setelah dilakukan tindakan keperawatan selama 3 hari, masalah yang ditemukan adalah nyeri akut dan risiko infeksi. Intervensi yang dilakukan adalah manajemen nyeri dan perawatan luka, selain itu dilakukan juga intervensi non farmakologis untuk mengatasi masalah nyeri dengan foot massage. ketika pengkajian didapatkan hasil skala nyeri 7 dan setelah 3 hari dilakukan intervensi didapatkan hasil bahwa skala nyeri 2 yang artinya Foot massage yang dilakukan selama 20 menit 1-2 kali dapat menurunkan skala nyeri yang dirasakan oleh pasien. **Simpulan:** Berdasarkan 5 jurnal yang diteliti yaitu tentang pengaruh foot massage terhadap nyeri post sectio caesarea menunjukkan pasien yang dilakukan terapi foot massage mengalami penurunan skala nyeri.

Kata kunci: *Foot massage, Nyeri, Sectio saesarea*

ABSTRACT

Background: The World Health Organization (WHO) describes the number of CS increases in developing countries reaching 5-15% per country, one of the developing countries is Indonesia. Based on the National Basic Health Research conducted in 2018, the results obtained were that the average value of 17.6% of the incidence of Sectio Caesarea deliveries in Indonesia. **Objective:** To analyze Nursing Care for Acute Pain Problems in Mrs. L with Post-Sectio Caesarea Operation in the Postpartum Ward of Al-Ihsan Regional Hospital, West Java Province. Research **Method:** This uses a comprehensive research method in the form of a case study with a nursing care approach including assessment, nursing diagnosis, planning, implementation and evaluation. **Results/data:** after nursing actions for 3 days, the problems found were acute pain and the risk of infection. The interventions carried out were pain management and wound care, in addition to that, non-pharmacological interventions were also carried out to overcome pain problems with foot massage. The pain scale was 7 during the assessment, and after 3 days of intervention, the pain scale was 2, indicating that foot massage performed once or twice for 20 minutes can reduce the pain experienced by patients. **Conclusion:** Based on five journals examined, specifically on the effect of foot massage on post-cesarean section pain, patients who received foot massage therapy experienced a reduction in pain.

Keywords: Foot massage, Pain, Cesarean section