# ASUHAN KEPERAWATAN PADA IBU POST PARTUM *SECTIO CAESAREA* DENGAN MASALAH KEPERAWATAN NYERI AKUT DI RUANG ALAMANDA OBGYN RSUD MAJALAYA

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## ABSTRAK

**Latar Belakang** *Sectio caesarea* merupakan prosedur pembedahan yang dilakukan untuk mengeluarkan bayi melalui insisi pada dinding abdomen dan uterus. Tindakan ini dapat menimbulkan nyeri akut pascaoperasi yang berpotensi menghambat mobilisasi, aktivitas sehari-hari, serta kenyamanan ibu pada masa postpartum apabila tidak ditangani secara optimal. Penelitian ini bertujuan untuk mendeskripsikan pelaksanaan asuhan keperawatan pada ibu postpartum *sectio caesarea* dengan masalah keperawatan nyeri akut. **Metode** Penelitian menggunakan metode deskriptif dengan pendekatan studi kasus. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, pengkajian nyeri menggunakan metode PQRST dan skala *Numeric Rating Scale* (NRS), serta telaah dokumentasi rekam medis pasien. **Hasil** Penerapan intervensi manajemen nyeri melalui pemberian aromaterapi lavender selama dua hari menunjukkan adanya penurunan intensitas nyeri pada kedua pasien. Selain itu, pasien tampak lebih rileks, merasa lebih nyaman, serta mampu melakukan aktivitas ringan secara bertahap. **Diskusi** Pemberian aromaterapi lavender dapat menjadi salah satu intervensi nonfarmakologis yang membantu menurunkan nyeri akut sekaligus meningkatkan kenyamanan pada pasien post sectio caesarea. Oleh karena itu, perawat diharapkan dapat mempertahankan mutu pelayanan keperawatan melalui pemberian asuhan yang komprehensif dengan mengombinasikan terapi farmakologis dan nonfarmakologis.

**Kata Kunci**: Post Partum, *Sectio Caesarea*, Nyeri Akut, Aromaterapi Lavender

# *NURSING CARE FOR POST-PARTUM MOTHERS WITH ACUTE PAIN NURSING PROBLEMS IN THE ALAMANDA OBGYN ROOM, MAJALAYA REGIONAL HOSPITAL*

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## ABSTRAK

***Background**: Sectio caesarea is a surgical procedure performed to deliver a baby through an incision in the abdominal wall and uterus. This procedure may cause acute postoperative pain, which can interfere with maternal mobility, daily activities, and comfort during the postpartum period if not managed appropriately. This study aimed to describe nursing care for postpartum mothers with acute pain following sectio caesarea. **Methods**: This study employed a descriptive design using a case study approach. Data were collected through interviews, observation, physical examination, pain assessment using the PQRST method and the Numeric Rating Scale (NRS), as well as a review of patients' medical records. **Results**: The implementation of pain management through lavender aromatherapy for two days resulted in a reduction in pain intensity in both patients. In addition, the patients appeared more relaxed, experienced greater comfort, and were able to gradually perform light daily activities. **Discussion**: Lavender aromatherapy may serve as an effective non-pharmacological intervention to reduce acute pain and improve comfort in postpartum mothers following sectio caesarea. Therefore, nurses are expected to maintain the quality of nursing care by providing comprehensive care through the integration of both pharmacological and non-pharmacological interventions.*

***Keywords**: Postpartum, Caesarean Section, Acute Pain, Lavender Aromatherapy*