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

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ABSTRAK

Latar Belakang: Prosedur *Sectio Caesarea* (SC) merupakan pembedahan mayor obstetri yang terus meningkat, di mana RSUD Majalaya mencatat 396 kasus dalam lima bulan terakhir di tahun 2025. Tindakan ini menyebabkan diskontinuitas jaringan yang menimbulkan manifestasi nyeri akut. **Tujuan:** Studi kasus ini bertujuan untuk menggambarkan pelaksanaan asuhan keperawatan komprehensif pada ibu pasca-SC yang mengalami nyeri akut di Ruang Alamanda Obgyn RSUD Majalaya. **Metode:** Desain penelitian yang digunakan adalah deskriptif dengan rancangan studi kasus pada dua orang pasien (*Ny. A* dan *Ny. N*) yang dirawat minimal 3 hari. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi, dan penilaian skala nyeri menggunakan *Numeric Rating Scale* (NRS). **Hasil:** Hasil pengkajian menunjukkan *Ny. A* mengalami nyeri skala 6/10, sedangkan *Ny. N* mengalami nyeri skala 5/10. Masalah nyeri akut ditetapkan sebagai diagnosa keperawatan prioritas utama pada kedua pasien. Implementasi yang diberikan meliputi manajemen nyeri, dukungan mobilisasi dini secara bertahap, serta penerapan teknik distraksi nonfarmakologis melalui terapi relaksasi murottal Al-Qur'an selama 15–20 menit. **Simpulan:** Pelaksanaan asuhan keperawatan dengan integrasi terapi nonfarmakologis murottal Al-Qur'an dan terapi farmakologis analgetik terbukti efektif menurunkan intensitas nyeri pasca-SC, meminimalkan perilaku meringis, serta meningkatkan pemulihan mobilitas fisik pasien secara bertahap.

Kata Kunci: Asuhan Keperawatan, *Sectio Caesarea*, Nyeri Akut, Terapi Murottal.

NURSING CARE FOR POST-SECTIO CAESAREA MOTHERS WITH ACUTE PAIN IN THE ALAMANDA OBGYN WARD AT RSUD MAJALAYA

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ABSTRACT

Background: Sectio Caesarea (SC) is a major obstetric surgery that continues to increase in frequency, with RSUD Majalaya recording 396 cases in the last five months of 2025. This procedure causes tissue discontinuity, leading to manifestations of acute pain. **Objective:** This case study aims to describe the implementation of comprehensive nursing care for post-SC mothers experiencing acute pain in the Alamanda Obgyn Ward at RSUD Majalaya. **Methods:** The research design used was descriptive qualitative with a case study approach involving two patients (*Mrs. A* and *Mrs. N*) who were hospitalized for at least 3 days. Data collection was conducted through interviews, observation, physical examination, documentation studies, and pain scale assessment using the Numeric Rating Scale (NRS). **Results:** The assessment results showed that *Mrs. A* experienced pain rated 6/10, while *Mrs. N* experienced pain rated 5/10. The issue of acute pain was established as the primary priority nursing diagnosis for both patients. The implemented interventions included pain management, support for gradual early mobilization, and the application of non-pharmacological distraction techniques through Al-Qur'an murottal relaxation therapy for 15–20 minutes. **Conclusion:** The implementation of nursing care integrated with non-pharmacological Al-Qur'an murottal therapy and pharmacological analgesic therapy proved effective in reducing post-SC pain intensity, minimizing grimacing behavior, and gradually improving the recovery of the patients' physical mobility.

Keywords: Nursing Care, Sectio Caesarea, Acute Pain, Murottal Therapy.