

ABSTRAK

Asuhan Keperawatan pada Ny. J.M. dengan Diagnosa Medis Ibu Nifas Post *Sectio Caeserea* dengan Indikasi Pre-Eklampsia Berat (PEB) di Ruang Nifas III Rumah Sakit Umum Daerah (RSUD) Ende

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Latar belakang Setiap ibu menginginkan kehamilan untuk mendapatkan keturunan. Persalinan merupakan proses mengeluarkan janin, plasenta dan cairan ketuban dari rahim melalui jalan lahir dan perut. Permasalahan yang sering terjadi pada ibu dan janin salah satunya adalah Pre-Eklampsia Berat sehingga pada saat persalinan dilakukan dengan persalinan *Sectio Caeserea*. Pre-Eklampsia Berat merupakan kondisi dimana tekanan darah 160/110 mmHg, jumlah urin kurang dari 500 cc per 24 jam, proteinuria 5 gram disertai edema. WHO menyatakan Pre-Eklampsia berat adalah komplikasi yang sering terjadi dalam kehamilan dengan angka kejadian di dunia berkisar 0,51 % -38,4%, Indonesia sebanyak 1,8% - 18%, dan pada provinsi NTT khususnya di RSUD Ende berdasarkan laporan data pada tahun 2022 (4,20%), 2023 (4,4%) dan pada tahun 2024 (4,42%). **Tujuan** penelitian ini adalah mampu melaksanakan asuhan keperawatan pada Ibu Nifas Post *Sectio Caeserea* Dengan Indikasi Pre-Eklampsia Berat. **Metode** penelitian yang digunakan adalah studi kasus dengan lokasi penelitian di RSUD Ende pada tanggal 01-03 Februari 2025 pada NY. J.M dengan diagnosa medis Ibu Nifas Post *Sectio Caeserea* Dengan Indikasi Pre-Eklampsia Berat. **Hasil** penelitian yang dilakukan pada Ny. J.M. ditemukan masalah perfusi serebral tidak efektif, gangguan nyaman nyeri, gangguan integritas kulit, risiko infeksi, menyusui tidak efektif, perubahan eliminasi urine, intoleransi aktivitas dan defisit pengetahuan tentang perawatan kesehatan. Intervensi yang digunakan adalah SIKI : pemantauan tekanan intrakranial, manajemen nyeri, perawatan luka, pencegahan infeksi, edukasi menyusui, manajemen eliminasi urine, manajemen energi dan edukasi kesehatan. **Kesimpulan** berdasarkan hasil evaluasi terakhir dapat disimpulkan bahwa masalah perfusi serebral tidak efektif, gangguan nyaman nyeri, gangguan integritas kulit, menyusui tidak efektif sebagian teratasi, risiko infeksi tidak terjadi, sedangkan intoleransi aktivitas, perubahan eliminasi urine, dan masalah defisit pengetahuan teratasi. **Saran** klien dan keluarga diharapkan mampu menjaga kesehatan dengan memberikan dukungan emosional kepada klien dan membantu mengurangi stress, melakukan perawatan luka, sehingga luka insisi dinding abdomen akibat persalinan *Sectio Caeserea* cepat kering dan bersih serta tidak terjadi infeksi, klien diharapkan dapat melakukan kontrol kesehatan secara rutin dan disiplin dalam menjalankan diet yang diberikan.

Pustaka : (2018-2024)

Kata Kunci : Asuhan Keperawatan pada Ibu Nifas Post *Sectio Caeserea* Dengan Indikasi Pre-Eklampsia Berat

ABSTRACT

Nursing Care for Mrs. J.M. with Medical Diagnosis of Post partum Mother *Sectio Caeserea* with Indications of Severe Pre-Eclampsia (PEB) in Postpartum Room IIIEnde Regional General Hospital (RSUD)

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The background Every mother wants pregnancy to have offspring. Childbirth is the process of removing the fetus, placenta and amniotic fluid from the uterus through the birth canal and abdomen. One of the problems that often occurs in mothers and fetuses is Severe Pre-Eclampsia so that at the time of delivery it is done with a delivery *Sectio Caeserea*. Severe Pre-Eclampsia is a condition where blood pressure is 160/110 mmHg, urine output is less than 500 cc per 24 hours, proteinuria 5 grams accompanied by edema. WHO states that severe Pre-Eclampsia is a common complication in pregnancy with an incidence rate in the world ranging from 0.51% -38.4%, Indonesia as much as 1.8% - 18%, and in the province of NTT especially at the Ende Regional Hospital based on data reports in 2022 (4.20%), 2023 (4.4%) and in 2024 (4.42%). **Objective** This research is able to carry out nursing care for post partum Mothers *Sectio Caeserea* With Indication of Severe Pre-Eclampsia. **Method** The research used was a case study with the research location at Ende Regional Hospital on February 1-3, 2025 at NY. J.M with a medical diagnosis of Postpartum Mother *Sectio Caeserea* With Indication of Severe Pre-Eclampsia. **Results** research conducted on Mrs. J.M. found ineffective cerebral perfusion problems, pain discomfort disorders, skin integrity disorders, risk of infection, ineffective breastfeeding, changes in urine elimination, activity intolerance and knowledge deficits about health care. The interventions used were SIKI: intracranial pressure monitoring, pain management, wound care, infection prevention, breastfeeding education, urine elimination management, energy management and health education. **Conclusion** Based on the results of the last evaluation, it can be concluded that the problems of ineffective cerebral perfusion, pain comfort disorders, skin integrity disorders, ineffective breastfeeding were partially resolved, the risk of infection did not occur, while activity intolerance, changes in urine elimination, and knowledge deficit problems were resolved. **Suggestion** Clients and families are expected to be able to maintain their health by providing emotional support to clients and helping to reduce stress, providing wound care, so that wounds heal. *themselves* abdominal wall due to childbirth *Sectio Caeserea* dry quickly and cleanly and no infection occurs, clients are expected to carry out routine health checks and be disciplined in following the diet provided.

Library : (2018-2024)

Keywords: Nursing Care for Postpartum Mothers *Sectio Caeserea*
With Indication of Severe Pre-Eclampsia