

ABSTRAK

Laporan Kasus Pada Ibu Nifas Dengan Nyeri Luka Jahitan Perineum Di Puskesmas Bulak Banteng Kota Surabaya

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Pendahuluan : Luka perineum terjadi akibat robekan pada perineum, vagina maupun serviks selama proses persalinan, sehingga memerlukan tindakan penjahitan untuk menutup luka tersebut. Nyeri luka perineum merupakan nyeri yang berasal dari bekas jahitan pada perineum muncul akibat robekan jalan lahir yang terjadi selama proses persalinan. Berdasarkan data dari Puskesmas Bulak Banteng Kota Surabaya pada tahun 2023, kelahiran spontan pervaginam, sekitar 20% ibu mengalami nyeri akibat luka perineum, sebanyak 4% disebabkan oleh tindakan episiotomi, sementara 16% lainnya terjadi akibat robekan spontan. **Tujuan** : mendeskripsikan laporan kasus pada ibu nifas yang mengalami nyeri akibat luka jahitan perineum di puskesmas bulak banteng, kota surabaya. **Metode** : Penelitian ini adalah desain penelitian deskriptif dengan pendekatan metode *case report*. Subjek penelitian yaitu 1 pasien ibu nifas yang mengalami nyeri pada luka jahitan perineum di Puskesmas Bulak Banteng, Kota Surabaya. Waktu pengambilan data pada bulan April 2025 sampai bulan Mei 2025. Pengumpulan data ini diperoleh melalui teknik wawancara, pengkajian fisik, dan observasi studi dokumen asuhan kebidanan. **Hasil Penelitian dan Pembahasan** : Berdasarkan hasil penelitian, diketahui bahwa pasien ibu nifas dengan nyeri luka jahitan perineum dapat diatasi melalui perawatan optimal yang melibatkan kolaborasi dengan petugas kesehatan. Berdasarkan catatan perkembangan, diketahui nyeri luka jahitan perineum, kondisi tersebut dapat perlahan-lahan akan menurun. Penting bagi tenaga kesehatan untuk meningkatkan keterampilan dan pengetahuan mengenai perawatan ibu nifas guna mencegah terjadinya nyeri luka jahitan perineum. Pelaksanaan asuhan kebidanan yang baik pada ibu nifas dengan keluhan nyeri di area luka jahitan perineum mengacu pada langkah-langkah dokumentasi SOAP yang meliputi pengambilan data subjektif dan objektif, analisis data, dan penatalaksanaan. Seluruh langkah ini dilaksanakan dengan cepat dan tepat sesuai dengan kebutuhan pasien, sehingga permasalahan dapat tertangani dengan baik. **Simpulan** : Berdasarkan hasil penelitian, setiap tahap dalam penanganan kasus ini memberikan kontribusi penting dalam mengatasi masalah nyeri pada luka jahitan perineum yang dialami oleh ibu nifas, dapat mencegah komplikasi yang lebih serius.

Kata Kunci : Laporan Kasus Nifas Dan Menyusui, Nyeri Luka Jahitan Perineum

ABSTRACT

Case Report on Postpartum Mothers with Perineal Stitch Wound Pain At Bulak Banteng Health Center, Surabaya City

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Introduction : Perineal wounds occur due to tears in the perineum, vagina or cervix during the labor process, so that it requires suturing to close the wound. Perineal wound pain is pain that comes from the stitches on the perineum that appears due to tears in the birth canal that occur during the labor process. Based on data from the Bulak Banteng Community Health Center, Surabaya City in 2023, spontaneous vaginal births, around 20% of mothers experience pain due to perineal wounds, as many as 4% are caused by episiotomy, while the other 16% occur due to spontaneous tears. **Objective** : to describe case reports on postpartum mothers who experience pain due to perineal stitches at the Bulak Banteng Community Health Center, Surabaya City. **Method** : This study is a descriptive research design with a case report method approach. The subject of the study was 1 postpartum mother patient who experienced pain in the perineal stitches at the Bulak Banteng Community Health Center, Surabaya City. The data collection period was from April 2025 to May 2025. This data collection was obtained through interview techniques, physical assessments, and observation of midwifery care document studies. **Research Results and Discussion** : Based on the results of the study, it is known that postpartum mothers with perineal stitch wound pain can be overcome through optimal care involving collaboration with health workers. Based on developmental records, it is known that perineal stitch wound pain, this condition can slowly decrease. It is important for health workers to improve their skills and knowledge regarding postpartum care to prevent perineal stitch wound pain. The implementation of good midwifery care for postpartum mothers with complaints of pain in the perineal stitch wound area refers to the SOAP documentation steps which include subjective and objective data collection, data analysis, and management. All of these steps are carried out quickly and precisely according to the patient's needs, so that the problem can be handled properly. **Conclusion** : Based on the results of the study, each stage in the handling of this case makes an important contribution in overcoming the problem of pain in the perineal stitch wound experienced by postpartum mothers, can prevent more serious complications.

Keywords: *Postpartum and Breastfeeding Case Report, Perineal Stitch Wound Pain*