

ABSTRAK

ASUHAN KEPERAWATAN NYERI AKUT PADA *POST-SECTIO CAESAREA* DENGAN PEMBERIAN TERAPI *FOOT MASSAGE* DI RSUD HAJI JAWA TIMUR

Nyeri pasca operasi *sectio caesarea* merupakan masalah umum yang dapat menghambat mobilisasi dan perawatan bayi oleh ibu. Penanganan nyeri dengan metode non-farmakologi seperti terapi pijat kaki (*foot massage*) dinilai aman dan efektif dalam menurunkan intensitas nyeri.

Penelitian ini merupakan studi kasus pada dua klien *post-sectio caesarea* di ruang Al-Aqsha 4 RSUD Haji Provinsi Jawa Timur. Pentalaksanaan dilakukan melalui pendekatan asuhan keperawatan. Intervensi *foot massage* diberikan selama 15 menit sesuai prosedur yang ditentukan. Terapi ini dikombinasikan dengan pemberian injeksi analgesik. Penilaian nyeri dilakukan menggunakan *Numerical Rating Scale* (NRS).

Pengkajian yang dilakukan pada 2 klien didapatkan data subjektif yang sama yaitu klien mengeluh nyeri. Kedua klien menunjukkan diagnosis keperawatan nyeri akut yang disebabkan oleh factor fisiologis, dengan tanda- tanda mengeluh nyeri, tampak meringis, denyut nadi meningkat dan gangguan tidur. Intervensi dan implementasi yang diberikan pada kedua klien dengan nyeri akut adalah pemberian terapi *foot- massage* selama 3x24 jam. Evaluasi pada kedua klien terbukti efektif dalam menurunkan nyeri.

Kombinasi injeksi analgesik dan *foot massage* mampu menurunkan nyeri yang dialami ibu setelah menjalani operasi *sectio caesarea*. Berkontribusi terhadap efek relaksasi dan merangsang pelepasan endorfin, sedangkan terapi farmakologis memberikan efek analgesik langsung. Intervensi kombinatif ini dapat dijadikan strategi manajemen nyeri yang holistik dalam praktik keperawatan.

Kata kunci: Nyeri akut, *post-sectio caesarea*, *foot massage*

ABSTRACT

NURSING CARE FOR CLIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) EXPERIENCING IMPAIRED GAS EXCHANGE

Postoperative pain after cesarean section is a common problem that can hinder maternal mobilization and infant care. Pain management using non-pharmacological methods such as foot massage therapy is considered safe and effective in reducing pain intensity

This study utilizes the case study methodology on two post-cesarean section clients in Al-Aqsha 4 Ward at Haji General Hospital, East Java Province. The intervention was carried out using a nursing care approach. Foot massage therapy was administered for 15 minutes according to established procedures. This therapy was combined with the administration of analgesic injections. Pain assessment was performed using the Numerical Rating Scale (NRS).

The assessment of the two clients revealed similar subjective data, namely complaints of pain. The nursing diagnosis identified in both clients was acute pain related to physiological injury agents, as evidenced by reports of discomfort, facial expressions of distress, elevated heart rate, and trouble sleeping. The interventions and implementations provided to both clients with acute pain included foot massage therapy administered for 3 × 24 hours. The evaluation findings demonstrated the efficacy of the intervention in alleviating pain intensity.

The combination of foot massage therapy and analgesic injections proved effective in reducing postoperative pain after cesarean section. Foot massage contributed to relaxation and stimulated endorphin release, while pharmacological therapy provided direct analgesic effects. This combined intervention can be applied as a holistic approach to pain control in clinical nursing setting.

Keywords: *Acute pain, post-cesarean section, foot massage*