

ABSTRAK

ASUHAN KEPERAWATAN PERFUSI PERIFER TIDAK EFEKTIF PADA PREEKLAMPSIA BERAT MELALUI TERAPI AUTOGENIK DI RSUD DR MOHAMMAD SOEWANDHIE SURABAYA

Tingginya angka kematian maternal dan neonatal dengan kejadian preeklamsia menjadi alasan utama untuk melakukan pengembangan intervensi yang efektif dan menyeluruh. Jika perfusi darah di bagian tubuh ibu hamil dengan preeklamsia berat tidak segera diatasi, bisa menyebabkan kejang (eklampsia), sindrom HELLP, gangguan ginjal, kekurangan oksigen pada janin, dan berisiko membahayakan nyawa ibu serta bayinya. Penelitian ini bertujuan untuk mengetahui bagaimana perawatan keperawatan yang diberikan pada ibu dengan gangguan perfusi perifer akibat preeklamsia berat.

Penelitian ini menerapkan metode studi kasus dengan pendekatan asuhan keperawatan pada dua klien yang mengalami preeklamsia berat dengan masalah perfusi perifer tidak efektif di ruang bersalin RSUD Dr. Mohammad Soewandhie Surabaya pada Oktober 2024. Pengumpulan data dilakukan melalui wawancara, pemeriksaan fisik, dan pemeriksaan penunjang, menggunakan instrumen berupa format asuhan keperawatan sesuai standar Program Studi Keperawatan Kampus Soetomo. Selanjutnya, data dianalisis secara deskriptif.

Hasil studi pada kedua klien menunjukkan bahwa perfusi perifer tidak efektif terkait vasospasme pembuluh darah sekunder akibat hipertensi, yang memengaruhi metabolisme tubuh melalui penurunan sirkulasi darah di tingkat kapiler. Pelaksanaan asuhan keperawatan dilakukan secara menyeluruh selama 3 x 24 jam, dengan intervensi spesifik berupa terapi autogenik, dan hasilnya menunjukkan peningkatan perfusi perifer pada kedua klien.

Perawatan berbasis kombinasi farmakologis dan terapi autogenik terbukti efektif memperbaiki perfusi perifer pada klien preeklampsia berat dalam waktu relatif cepat, namun keberhasilan ini tetap dipengaruhi oleh kondisi dasar pasien dan respons individu terhadap terapi.

Kata Kunci : Preeklamsia Berat, Perfusi Perifer Tidak Efektif, Terapi Autogenik

ABSTRACT

NURSING CARE FOR INEFFECTIVE PERIPHERAL PERFUSION IN SEVERE PRE-ECLAMPSIA THROUGH AUTOGENIC THERAPY AT DR. MOHAMMAD SOEWANDHIE GENERAL HOSPITAL SURABAYA

The high maternal and neonatal mortality rates associated with preeclampsia are a primary impetus for the development of effective and comprehensive interventions. If blood perfusion in specific body regions of pregnant women with severe preeclampsia is not promptly managed, it may lead to complications such as seizures (eclampsia), HELLP syndrome, renal dysfunction, fetal hypoxia, and life-threatening risks for both mother and fetus. This study aims to examine the nursing care provided to patients experiencing impaired peripheral perfusion due to severe preeclampsia.

A case study approach was employed, focusing on two clients diagnosed with severe preeclampsia and the nursing problem of ineffective peripheral perfusion, conducted in the maternity ward of Dr. Mohammad Soewandhie General Hospital, Surabaya, in October 2024. Data were collected through interviews, physical examinations, and relevant diagnostic assessments. The instrument used was a standardized nursing care format in accordance with the guidelines of the Nursing Program at Soetomo Campus. Data were analyzed using a descriptive method.

Findings from both cases indicated that ineffective peripheral perfusion was associated with vasospasm of blood vessels secondary to hypertension, which disrupted the body's metabolism due to reduced capillary-level blood circulation. Comprehensive nursing care focused on circulatory management was provided over a period of 3 x 24 hours, incorporating specific autogenic therapy interventions. As a result, both clients demonstrated improved peripheral perfusion.

The integration of pharmacological treatment and autogenic therapy proved effective in enhancing peripheral perfusion in patients with severe preeclampsia within a relatively short time frame. Nevertheless, the overall effectiveness of the intervention is influenced by the patient's underlying condition and individual therapeutic response..

Keywords: *Severe Preeclampsia, Ineffective Peripheral Perfusion, Autogenic Therapy.*