

ABSTRAK

LAPORAN KASUS IBU NIFAS P3A0 HARI KE-6 DENGAN PREEKLAMSI DAN *POSTPARTUM BLUES* DI PUSKESMAS TAMAN SIDOARJO

Kenis Aulia Yunari

*Prodi D III Kebidanan Sutomo Jurusan Kebidanan
Politeknik Kesehatan Kementrian Kesehatan Surabaya*

Pendahuluan: Preeklampsia postpartum merupakan komplikasi hipertensi yang dapat terjadi hingga enam minggu setelah persalinan dan berpotensi menyebabkan komplikasi serius apabila tidak ditangani dengan tepat. Selain gangguan fisik, ibu nifas juga rentan mengalami gangguan psikologis berupa *postpartum blues* yang dapat memengaruhi proses pemulihan selama masa nifas. **Tujuan:** Mendeskripsikan pengkajian data subyektif, obyektif, analisa data, dan penatalaksanaan laporan kasus pada ibu nifas P3A0 hari ke-6 dengan preeklamsi dan *postpartum blues* di Puskesmas Taman Sidoarjo. **Metode:** Metode yang digunakan adalah laporan kasus (*case report*) dengan pendekatan manajemen asuhan kebidanan dan pendokumentasian SOAP yang meliputi pengkajian data subyektif, obyektif, analisis data, penatalaksanaan. **Hasil Penelitian dan Pembahasan:** Hasil pengkajian menunjukkan Ny. M, P3A0, nifas hari ke-6 mengalami preeklampsia postpartum ditandai tekanan darah 170/105 mmHg, protein urin positif (+), dan edema ekstremitas bawah. Ibu juga mengalami *postpartum blues* yang ditandai perasaan sedih, cemas, mudah menangis, serta skor EPDS 12. Faktor yang memengaruhi kondisi psikologis ibu antara lain keterbatasan dukungan suami karena bekerja di luar kota, tanggung jawab mengasuh tiga anak, dan tuntutan dalam perawatan bayi. Asuhan yang diberikan meliputi pemantauan kondisi ibu, edukasi, komunikasi terapeutik, pelibatan keluarga, serta kolaborasi dengan dokter. Evaluasi menunjukkan adanya perbaikan kondisi fisik dan psikologis ibu. **Simpulan:** Penerapan asuhan kebidanan secara komprehensif pada ibu nifas dengan preeklampsia postpartum dan *postpartum blues* dapat membantu memperbaiki kondisi ibu melalui pemantauan berkelanjutan, edukasi, dukungan psikologis, serta kolaborasi dengan tenaga kesehatan lainnya.

Kata Kunci: Ibu nifas, Preeklamsi , *Postpartum Blues*

ABSTRACT

Case Report of a Postpartum Mother P3A0 on Day 6 with Preeclampsia and Postpartum Blues at Taman Sidoarjo Community Health Center

Kenis Aulia Yunari

*D3 Midwifery Study Program, Sutomo Departement of Midwifery Health
Polytechnic, Minisrty of health, Surabaya*

Introduction: Postpartum preeclampsia is a complication of hypertension that can occur up to six weeks after delivery and has the potential to cause serious complications if not treated properly. In addition to physical disorders, postpartum mothers are also susceptible to psychological disorders in the form of postpartum blues which can affect the recovery process during the postpartum period. **Objective:** To describe the assessment of subjective and objective data, data analysis, and management of case reports on postpartum mothers P3A0 on day 6 with preeclampsia and postpartum blues at Taman Sidoarjo Community Health Center. **Method:** The method used is a case report with a midwifery care management approach and SOAP documentation which includes subjective and objective data assessment, data analysis, and management. **Research Results and Discussion:** The results of the assessment showed that Mrs. M, P3A0, postpartum day 6 experienced postpartum preeclampsia characterized by blood pressure of 170/105 mmHg, positive urine protein (+), and lower extremity edema. The mother also experienced postpartum blues, characterized by feelings of sadness, anxiety, easy crying, and an EPDS score of 12. Factors influencing the mother's psychological condition included limited support from her husband due to his work out of town, the responsibility of caring for three children, and the demands of infant care. The care provided included monitoring the mother's condition, education, therapeutic communication, family involvement, and collaboration with the doctor. Evaluation showed improvements in the mother's physical and psychological condition. **Conclusion:** Implementing comprehensive midwifery care for postpartum mothers with postpartum preeclampsia and postpartum blues can help improve the mother's condition through continuous monitoring, education, psychological support, and collaboration with other healthcare professionals.

Keywords: *Postpartum, Preeclampsia, Postpartum Blues*