

ABSTRAK

Laporan Kasus Ibu Nifas Dengan Riwayat *Sectio Caesarea* Disertai Gangguan Penyembuhan Luka Di Puskesmas Pakis Surabaya Surabaya Surabaya

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Pendahuluan: Komplikasi masa nifas merupakan penyebab utama kematian ibu secara global, mencapai hampir 75% kasus. Data Dinas Kesehatan Kota Surabaya tahun 2023 mencatat 91% kematian ibu terjadi pada masa nifas. Gangguan penyembuhan luka pasca *Sectio Caesarea* (SC) yang diperberat riwayat Kekurangan Energi Kronis (KEK) menjadi faktor risiko komplikasi yang signifikan, terutama pada ibu dengan riwayat SC berulang. **Metode:** Studi kasus deskriptif (case report) dilakukan pada Ny. Y, usia 34 tahun, P4A1, di Puskesmas Pakis Surabaya periode April–Mei 2026. Asuhan kebidanan didokumentasikan menggunakan format SOAP melalui tiga kali kunjungan, mencakup anamnesa, pemeriksaan fisik, observasi luka jahitan, serta implementasi intervensi berbasis evidence-based practice. **Hasil:** Pada kunjungan pertama (hari ke-27 *post SC*), luka jahitan masih basah dan belum menutup sempurna dengan nyeri tekan positif. Kunjungan kedua (hari ke-39) menunjukkan luka mulai menutup tanpa tanda infeksi. Kunjungan ketiga (hari ke-45) luka telah menutup sempurna tanpa tanda infeksi, dikategorikan sebagai delayed wound healing. Intervensi yang dilakukan meliputi edukasi nutrisi tinggi protein, mobilisasi dini, perawatan luka steril, serta rujukan internal ke poli gizi untuk pemberian PMT berupa susu ibu nifas. **Pembahasan dan Simpulan :** Riwayat KEK memperlambat penyembuhan luka melalui penurunan cadangan protein dan hambatan sintesis kolagen pada fase proliferasi. Riwayat SC empat kali memperburuk kondisi melalui pembentukan jaringan parut multipel. Asuhan kebidanan komprehensif berbasis evidence-based practice efektif mencegah infeksi dan mendukung pemulihan luka secara optimal pada ibu nifas post SC dengan riwayat KEK.

Kata Kunci: Ibu Nifas, Riwayat *Sectio Caesarea*, Gangguan Penyembuhan Luka.

ABSTRACT

Case Report of Postpartum Mother with a History of *Sectio Caesarea* Accompanied by Impaired Wound Healing at Puskesmas Pakis Surabaya Surabaya Surabaya

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Introduction: Postpartum complications remain the leading cause of maternal mortality globally, accounting for nearly 75% of cases. Data from the Surabaya City Health Office in 2023 recorded that 91% of maternal deaths occurred during the postpartum period. Impaired wound healing following *Sectio Caesarea* (SC), compounded by a history of Chronic Energy Deficiency (CED), constitutes a significant risk factor for postpartum complications, particularly in mothers with a history of repeated caesarean sections. **Method:** A descriptive case report was conducted on Mrs. Y, aged 34 years, P4A1, at Puskesmas Pakis Surabaya during April–May 2026. Midwifery care was documented using the SOAP format across three home visits, encompassing anamnesis, physical examination, surgical wound observation, and implementation of evidence-based practice interventions. **Results:** At the first visit (day 27 post-SC), the surgical wound remained moist and had not fully closed, with positive tenderness on palpation. The second visit (day 39) revealed the wound beginning to close without signs of infection. By the third visit (day 45), the wound had closed completely without any signs of infection, categorized as delayed wound healing. Interventions included high-protein nutritional education, early mobilization, sterile wound care, and internal referral to the nutrition clinic for supplementary food provision in the form of postpartum milk formula. **Discussion and Conclusion:** A history of CED delays wound healing through depletion of protein reserves and impaired collagen synthesis during the proliferative phase. A history of four caesarean sections further compromised recovery through the formation of multiple uterine and abdominal scar tissues. Comprehensive evidence-based midwifery care was effective in preventing infection and supporting optimal wound recovery in a postpartum mother post-SC with a history of CED.

Keywords: Postpartum Mothers, *Sectio Caesarea*, Wound Healing Disorders.