

ABSTRAK

Laporan Kasus Pada Ibu Nifas P1A0 Usia 15 Tahun Dengan Infeksi Luka Jahitan *Post Sectio Caesarea* dan *Post Partum Blues* Pasca Trauma Kekerasan Seksual

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Latar Belakang: Ibu nifas usia remaja merupakan kelompok berisiko tinggi terhadap komplikasi fisik dan psikologis. Secara global terdapat 41 kelahiran per 1.000 perempuan usia 15–19 tahun, sementara prevalensi *post partum blues* di Indonesia mencapai 57%. Kasus ibu nifas usia 15 tahun dengan infeksi luka jahitan *post sectio caesarea* dan *post partum blues* akibat kekerasan seksual termasuk kasus yang langka dan kompleks. **Tujuan:** Memberikan asuhan kebidanan komprehensif pada ibu nifas P1A0 usia 15 tahun dengan infeksi luka jahitan *post sectio caesarea* dan *post partum blues* pasca trauma kekerasan seksual. **Metode:** Laporan kasus deskriptif dengan pendekatan manajemen asuhan kebidanan tujuh langkah Varney yang didokumentasikan secara SOAP, dilaksanakan di Puskesmas Barengkrajan Kabupaten Sidoarjo pada April–Mei 2026. **Hasil:** Ny. G usia 15 tahun, P1A0, nifas hari ke-6 *post sectio caesarea* datang dengan keluhan gatal, perih, dan panas pada luka operasi disertai keluarnya cairan nanah, suhu 38,6°C, nadi 105x/menit. Hasil skrining SRQ-29 menunjukkan gangguan mental emosional dan indikasi stres pascatrauma, sedangkan skor EPDS 12 mengindikasikan *post partum blues*. Penatalaksanaan meliputi edukasi perawatan luka, peningkatan *personal hygiene*, pemenuhan nutrisi tinggi protein, mobilisasi dini, skrining kesehatan mental, dukungan psikososial, pelibatan keluarga, serta kolaborasi pemberian antibiotik dan analgetik. **Evaluasi:** Kondisi luka membaik pada kunjungan kedua dengan tidak adanya tanda infeksi, skor EPDS menurun dari 12 menjadi 10, dan ibu mulai menerima kehadiran bayinya. **Simpulan:** Asuhan kebidanan komprehensif yang memperhatikan aspek fisik, psikologis, dan sosial secara terpadu berperan penting dalam pemulihan ibu nifas usia muda dengan komplikasi akibat trauma kekerasan seksual.

Kata Kunci: ibu nifas ; infeksi luka *post sectio caesarea* ; *post partum blues*.

ABSTRACT

Case Report Of A Postpartum Mother P1A0 Aged 15 Years With Suture Wound Infection Post Sectio Caesarea And Postpartum Blues Post Traumatic Sexual Violence

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Background: Adolescent postpartum mothers are a high-risk group for physical and psychological complications. Globally, the adolescent birth rate reaches 41 births per 1,000 women aged 15–19 years, while the prevalence of postpartum blues in Indonesia is reported at 57%. A case involving a 15-year-old postpartum mother with suture wound infection following caesarean section and postpartum blues resulting from sexual violence trauma represents a rare and complex clinical condition. **Objective:** To provide comprehensive midwifery care to a postpartum mother P1A0 aged 15 years with suture wound infection post sectio caesarea and postpartum blues following sexual violence trauma. **Method:** A descriptive case report using Varney's seven-step midwifery management approach documented through the SOAP method, conducted at Puskesmas Barengkrajan, Sidoarjo Regency, from April to May 2026. **Results:** Mrs. G, aged 15 years, P1A0, presented on the 6th postpartum day following caesarean section with complaints of itching, soreness, and warmth around the surgical wound accompanied by purulent discharge, body temperature of 38.6°C, and pulse rate of 105 beats per minute. SRQ-29 screening indicated emotional mental disorder and possible post-traumatic stress symptoms, while an EPDS score of 12 indicated a risk of postpartum blues. Management included wound care education, improvement of personal hygiene, high-protein nutritional intake, early mobilization, mental health screening, psychosocial support, family involvement as a support system, and collaborative administration of antibiotics and analgesics. **Evaluation:** Wound condition improved at the second visit with no signs of infection remaining; EPDS score decreased from 12 to 10, and the mother began to accept her infant's presence. **Conclusion:** Comprehensive midwifery care that integrates physical, psychological, and social aspects plays a vital role in the recovery of adolescent postpartum mothers with complications arising from sexual violence trauma.

Keywords: post partum , post sectio caesarea wound infection, post partum blues.