

**Program Studi DIII Keperawatan**  
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**ASUHAN KEPERAWATAN PADA IBU POST SC DENGAN PEMBERIAN  
FOOT MASSAGE UNTUK MENURUNKAN SKALA NYERI DI RUANG  
MELATI 2A RSUD DR SOEKARDJO KOTA TASIKMALAYA**

**ABSTRAK**

**5 Bab + 8 Tabel + 2 Lampiran**

Operasi SC adalah prosedur pembedahan di mana janin dikeluarkan melalui sayatan di dinding rahim dan dinding perut. Dampak yang dirasakan ibu setelah SC salah satunya nyeri pada bekas luka operasi yang berakibat kepada pemenuhan kebutuhan sehari-hari klien yang harus dibantu. Salah satu untuk menangani nyeri tersebut dengan melakukan foot massage yang telah banyak dilakukan penelitian, namun penerapan pada asuhan keperawatan belum banyak. Tujuan karya tulis ini untuk memperoleh gambaran asuhan keperawatan pada ibu post SC dengan pemberian terapi foot massage untuk menurunkan skala nyeri di Ruang Melati Lt 2A RSUD Dr Soekardjo Kota Tasikmalaya. Metode menggunakan studi kasus dengan pendekatan asuhan keperawatan melalui pengkajian sampai evaluasi. Pengumpulan data melalui wawancara, observasi, dan pemeriksaan fisik. Hasil didapatkan pada pengkajian ditemukan klien mengeluh nyeri di abdomen area luka post SC sehingga muncul diagnosa keperawatan nyeri akut b.d agen pencedera fisik. Rencana keperawatan menentukan tujuan dan kriteria serta intervensi utama manajemen nyeri sedangkan intervensi pendukung terapi pijat. Implementasi melaksanakan rencana yang telah disusun untuk nyeri melakukan *foot massage* satu kali sehari dan diobservasi selama tiga hari yang sebelum dan sesudahnya diukur skala nyeri menggunakan *Numeric Rating Scale* (NRS). Evaluasi didapatkan selama tiga hari masalah teratasi ditandai dengan klien sudah tidak mengeluh nyeri. Kesimpulan *foot massage* bila diterapkan pada asuhan keperawatan pada ibu post SC dapat menurunkan skala nyeri. Disarankan terapi ini dapat menjadi salah satu alternatif intervensi non farmakologi dalam menurunkan nyeri pada ibu post SC.

**Kata Kunci:** *foot massage*, Nyeri, Post SC, Terapi pijat

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**NURSING CARE FOR POST SC MOTHER BY PROVIDING FOOT MASSAGE  
TO REDUCE THE SCALE OF PAIN IN MELATI ROOM 2A DR SOEKARDJO  
RSUD TASIKMALAYA CITY**

**ABSTRACT**

***5 Chapters + 8 Tables + 2 Appendices***

*CS surgery is a surgical procedure in which the fetus is removed through an incision in the uterine wall and abdominal wall. One of the impacts felt by the mother after SC was pain in the surgical scar which resulted in meeting the daily needs of the client who had to be helped. One way to treat pain is by doing foot massage, which has been done a lot of research, but there is not much application in nursing care. The aim of this paper is to obtain an overview of nursing care for post-SC mothers by providing foot massage therapy to reduce the pain scale in the Melati Room, Floor 2A, Dr Soekardjo Regional Hospital, Tasikmalaya City. The method uses a case study with a nursing care approach through assessment to evaluation. Data collection through interviews, observation and physical examination. The results obtained during the assessment found that the client complained of pain in the abdomen in the post-SC wound area, resulting in a nursing diagnosis of acute pain related to a physical injury agent. The nursing plan determines the goals and criteria as well as the main intervention for pain management (I.08238) while the supporting intervention is massage therapy (I.08251). Implementation carries out the plan that has been prepared for pain, carrying out a foot massage once a day and observing it for three days before and after it is measured with Numeric Rating Scale (NRS). The evaluation was obtained after three days when the problem was resolved, indicated by the client no longer complaining of pain. The conclusion is that foot massage, when applied to nursing care for post-SC mothers, can reduce the pain scale. It is recommended that this therapy alternative non pharmacology to reduce the pain.*

***Keywords:*** Post SC, Pain, foot massage therapy

***Bibliography:*** 15 (2017-2024)