

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI D3 KEPERAWATAN**

**Karya Tulis Ilmiah, Mei 2024
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**Asuhan Keperawatan Pada pasien Post Sectio Caesarea Dengan Penerapan
Aromaterapi Lavender Untuk Menurunkan Intensitas Nyeri Di Ruang
Melati 2A RSUD Dr. Soekardjo Kota Tasikmalaya**

Abstrak

x+ 5 bab+ 63 Lembar+ 16 Tabel+ 11 Lampiran

Sectio Caesarea (SC) merupakan cara persalinan yang dilakukan dengan proses pembedahan dimana dinding perut dan rahim ibu disayat untuk dijadikan jalan keluar bayi. Tindakan SC dapat menimbulkan nyeri karena adanya luka bekas sayatan pada perut dan rahim ibu. Tujuan studi kasus ini untuk menggambarkan asuhan keperawatan pada pasien post sectio caesarea dengan penerapan aromaterapi lavender untuk menurunkan nyeri di ruang melati 2a RSUD Dr. Soekardjo Kota Tasikmalaya. Metode studi kasus ini yang digunakan yaitu studi deskriptif dengan pendekatan terhadap 2 orang responden. Hasil studi kasus dalam pengkajian kedua responden mengeluh nyeri, tampak meringis, bersikap protektif, dan gelisah. Diagnosa keperawatan yang muncul adalah nyeri akut berhubungan dengan agen pencedera fisik. Rencana tindakan keperawatan utama yaitu manajemen nyeri dan rencana keperawatan pendukung yaitu pemberian aromaterapi lavender, implementasi diberikan selama 3 hari dengan frekuensi penerapan 1x sehari dengan cara menghirup aromaterapi lavender yang ditetaskan pada tisu dalam waktu 5 menit. Skala nyeri diukur sebelum dan sesudah pemberian aromaterapi lavender dengan menggunakan *Numeric Rating Scale* (NRS). Pada evaluasi didapatkan 3 hari pemberian aromaterapi lavender kedua responden mengatakan skala nyeri menurun, gelisah menurun, meringis menurun, sikap protektif menurun. Kesimpulan, penulis mampu menggambarkan asuhan keperawatan pada pasien post sectio caesarea dengan penerapan aromaterapi lavender untuk menurunkan nyeri. Disarankan Aromaterapi lavender dapat dijadikan salah satu teknik non farmakologi atau intervensi mandiri untuk menurunkan intensitas nyeri pada pasien post sectio caesarea.

Kata Kunci : Aromaterapi Lavender, Sectio Caesarea, Asuhan Keperawatan

Kepustakaan : 38 (2017-2023)

**MUHAMMADIYAH UNIVERSITY TASIKMALAYA
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D3 NURSING STUDY PROGRAM**

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***Nursing Care for Post Sectio Caesarea Patients Using Lavender Aromatherapy
to Reduce Pain Intensity in Melati Room 2A RSUD Dr. Soekardjo, City of
Tasikmalaya***

Abstract

X + 5 chapters + 63 Sheets + 16 Tables + 11 Appendices

Sectio Caesarea (SC) is a method of delivery that is carried out through a surgical process in which the mother's abdominal wall and uterus are cut to provide a way for the baby to exit. The SC procedure can cause pain because of the incision scars on the mother's stomach and uterus. The aim of this case study is to describe nursing care for post sectio caesarea patients using lavender aromatherapy to reduce pain in jasmine room 2a RSUD Dr. Soekardjo, Tasikmalaya. The case study method used is a descriptive study with an approach to 2 respondents. The results of the case study in the study showed that both respondents complained of pain, appeared to be grimacing, were protective, and were restless. The nursing diagnosis that emerged was acute pain related to a physical injurious agent. The main nursing action plan is pain management and the supporting nursing plan is giving lavender aromatherapy, implementation is given for 3 days with a frequency of application once a day by inhaling lavender aromatherapy dripped on a tissue within 5 minutes. The pain scale was measured before and after administering lavender aromatherapy using the Numeric Rating Scale (NRS). In the evaluation, it was found that after 3 days of giving lavender aromatherapy, both respondents said that the pain scale had decreased, anxiety had decreased, grimaces had decreased, and protective attitudes had decreased. In conclusion, the author was able to describe nursing care for post-cesarean section patients by applying lavender aromatherapy to reduce pain. It is recommended that lavender aromatherapy can be used as a non-pharmacological technique or independent intervention to reduce pain intensity in post-cesarean section patients.

Keywords: Lavender Aromatherapy, Sectio Caesarea, Nursing Care

Literature: 38 (2017-2023)