

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

**Karya Tulis Ilmiah, Juli 2024  
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**Asuhan Keperawatan Pada Pasien Post Sectio Caesarea Dengan  
Menerapkan Teknik Genggam Jari Untuk Meringankan Skala Nyeri  
Di Ruang Melati 2A Dr. Soekardjo 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 SC dengan penerapan terapi genggam jari untuk menurunkan nyeri di ruang melati 2a RSUD Dr. Soekardjo Kota Tasikmalaya. Metode yang digunakan studi kasus dengan pendekatan deskriptif terhadap 2 orang responden. Hasil studi kasus dalam pengkajian kedua responden mengeluh nyeri, tampak meringis, bersikap protektif, dan gelisah, dan salah satu DX mengeluh cemas. Diagnosa keperawatan yang muncul adalah nyeri akut berhubungan dengan agen pencedera fisik, ansietas, dan resiko infeksi. Rencana tindakan keperawatan utama yaitu manajemen nyeri dan rencana keperawatan pendukung yaitu pemberian terapi genggam jari. Implementasi dilakukan sesuai perencanaan dan teknik relaksasi genggam jari diberikan selama 2 hari dengan 1x sehari selama 10-15 menit. Skala nyeri diukur sebelum dan sesudah pemberian terapi genggam jari dengan menggunakan *Numeric Rating Scale*. Pada evaluasi didapatkan 2 hari pemberian terapi genggam jari kedua responden mengatakan skala nyeri menurun, gelisah menurun, meringis menurun, ikap protektif menurun. Kesimpulan, penulis mampu melaksanakan asuhan keperawatan pada pasien post SC dengan penerapan terapi genggam jari untuk menurunkan nyeri. Disarankan terapi genggam jari dapat dilaksanakan untuk menurunkan intensitas nyeri pada pasien post sectio caesarea.

Kata kunci : Asuhan Keperawatan, Genggam Jari, Sectio Caesarea

**MUHAMMADIYAH UNIVERSITY TASIKMALAYA  
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***Nursing Care for Post Sectio Caesarea Patients Using the Finger Grasp  
Technique to Relieve the Pain Scale In Melati Room 2A  
Dr. Soekardjo 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-SC patients using finger grip therapy to reduce pain in Melati Room 2a Dr. RSUD. Soekardjo, Tasikmalaya City. The method used is a case study with a descriptive 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 restless, and one of the DXs complained of being anxious. The nursing diagnosis that emerged was acute pain related to a physical injurious agent, anxiety, and risk of infection. The main nursing action plan is pain management and the supporting nursing plan is providing finger grip therapy. Implementation was carried out according to planning and finger grip relaxation techniques were given for 2 days, once a day for 10-15 minutes. The pain scale was measured before and after administering finger grip therapy using the Numeric Rating Scale. In the evaluation, it was found that after 2 days of giving finger grip therapy, both respondents said that the pain scale had decreased, anxiety had decreased, grimaces had decreased, and protective attitudes had decreased. In conclusion, the author is able to carry out nursing care for post-SC patients by applying finger grip therapy to reduce pain. It is recommended that finger grip therapy be implemented to reduce the intensity of pain in post caesarean section patients.*

***Keywords: Nursing Care, Finger Holding, Sectio Caesarea***