

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
FAKULTAS ILMU KESEHATAN  
PROGRAM STUDI D-III KEPERAWATAN**

**Karya Tulis Ilmiah  
Wulandary Yustica Ansory  
E1814401002**

**ASUHAN KEPERAWATAN IBU POST PARTUM DALAM PEMENUHAN  
KEBUTUHAN AMAN NYAMAN DENGAN PENERAPAN *STIMULUS  
KUTANEUS* UNTUK MENURUNKAN INTENSITAS NYERI LUKA  
POST SECTIO CAESAREA**

**ABSTRAK**

V bab+ 5 tabel+ 4 lampiran

Sectio Caesarea (SC) adalah persalinan dengan cara pembedahan karena faktor tertentu baik pada ibu maupun janin. Efek dari SC menimbulkan nyeri sehingga ibu akan mengalami gangguan rasa nyaman dan susah beraktifitas. Penanganan nyeri dapat dilakukan secara non farmakologi salah satunya *stimulus kutaneus*. Tujuan karya tulis ilmiah ini ingin mengetahui gambaran asuhan keperawatan dalam pemenuhan kebutuhan aman nyaman dengan penerapan *stimulus kutaneus* untuk menurunkan intensitas nyeri luka post SC berdasarkan *literatur review*. Metode yang digunakan studi literatur didapatkan 3 artikel jurnal dan 1 asuhan keperawatan melalui penelusuran *search engine google scholar*. Hasil telaah jurnal berdasarkan PICOT menunjukkan bahwa *stimulus kutaneus* mampu menurunkan intensitas nyeri pada luka post sectio caesarea sedangkan hasil telaah asuhan keperawatan dengan pendekatan proses keperawatan didapatkan data fokus pada tahap pengkajian klien mengeluh nyeri pada luka post SC, diagnose keperawatan yang muncul nyeri akut berhubungan dengan agen pencedera fisik (mis. abses, amputasi, terbakar, terpotong, mengangkat berat, prosedur operasi, trauma, latihan fisik berlebih). Implementasi yang dilakukan sesuai dengan rencana tindakan keperawatan yaitu melakukan *stimulus kutaneus* dengan cara *massage* (megusap) bagian punggung menggunakan minyak secara melingkar selama 3-5 menit, evaluasi didapatkan klien tampak tenang, tidak meringis kesakitan, skala nyeri berkurang. Kesimpulan bahwa *stimulus kutaneus* dapat diterapkan pada asuhan keperawatan untuk mengurangi intensitas nyeri luka post SC. Disarankan bagi perawat di rumah sakit untuk menerapkan *stimulus kutaneus* sebagai salah satu alternatif penanganan nyeri non farmakologi dengan langkah sesuai SOP berdasarkan *evidence based*.

**Kata Kunci** : Luka Post Sectio Caesarea, Nyeri, Stimulus Kutaneus  
**Daftar Pustaka** : 2012-2018

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**POST PARTUM NURSING CARE FOR COMFORTABLE MEETING  
NEEDS WITH THE IMPLEMENTATION OF CUTANEUS STIMULUS  
TO REDUCE THE INTENSITY OF POST SECTIO CAESAREA PAIN**

**ABSTRACT**

V chapter + 5 table + 4 attachment

Sectio Caesarea (SC) is a delivery by surgery due to certain factors both to the mother and the fetus. The effect of SC causes pain so that the mother will experience discomfort and difficulty in doing activities. Pain management can be done non pharmacologically, one of which is a cutaneous stimulus. The purpose of this scientific paper is to know the description of nursing care in meeting the needs of safe and comfortable with the application of cutaneous stimuli to reduce the intensity of post-SC wound pain based on literature review. The method used in the literature study obtained 3 journal articles and 1 nursing care through the Google Scholar search engine. The results of a journal review based on PICOT show that cutaneous stimuli can reduce pain intensity in post sectio caesarean wounds, while the results of the review of nursing care with the nursing process approach show that focus data on the assessment stage of clients complaining of pain in post SC wounds, nursing diagnoses that appear acute pain relate to agents. physical injury (eg abscess, amputation, burns, cuts, weight lifting, surgical procedures, trauma, overexertion). Implementation carried out in accordance with the nursing action plan, namely performing a cutaneous stimulus by means of massage (swabbing) the back of the evaluation, it was found that the client looked calm, did not grimace in pain, the pain scale was reduced. Conclusion that the cutaneous stimulus can be applied to nursing care to reduce the intensity of post-SC wound pain. It is recommended for nurses in the hospital to apply cutaneous stimuli as an alternative to non-pharmacological pain management with steps according to the SOP based on evidence based.

**Keywords** : Cutaneous stimuli, Pain, Post Sectio Caesarean  
**Bibliography** : 2012-2018