

PENERAPAN INTERVENSI *FOOT HAND MASSAGE* UNTUK MENURUNKAN NYERI POST *SECTIO CAESAREA* PADA NY. EM P2A0 DI RUANG NUSA INDAH II RSUD SLEMAN

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INTISARI

Latar Belakang: Ibu dengan post *sectio caesarea* (SC) mayoritas mengalami nyeri akibat luka insisi pada dinding abdomen dan dinding rahim. Mayoritas responden mengalami nyeri post SC dengan skala nyeri berat sebanyak 60%, 25% pasien dalam kategori nyeri sedang, dan 15% pasien dalam kategori nyeri ringan. Nyeri mengakibatkan ibu keterbatasan dalam bergerak, kondisi ini memberikan efek buruk akibat degradasi *supply* darah yang menjadi penyebab menurunnya kadar oksigen dalam tubuh yang akan meningkatkan intensitas nyeri. Penanganan rasa nyeri post SC dapat dilakukan dengan terapi non farmakologi *Foot Hand Massage*. Terapi *Foot Hand Massage* merangsang tubuh untuk mengeluarkan senyawa endorphine yang membantu menurunkan intensitas nyeri.

Tujuan: Mengetahui efektivitas terapi *Foot Hand Massage* untuk menurunkan nyeri post *sectio caesarea* (SC).

Metode: Penelitian ini menggunakan metode deskriptif studi kasus dengan pendekatan asuhan keperawatan terhadap 1 responden. *Foot Hand Massage* diberikan selama 20 menit setelah 5 jam pemberian analgesik selama 3 hari.

Hasil: Sebelum diberikan intervensi terapi *foot hand massage* nyeri pasien berada di skala 7. Pada hari pertama implementasi nyeri menurun dengan skala 5. Di hari ke-2 skala nyeri menjadi 4 dan pada implementasi hari ke-3 nyeri berkurang dengan skala nyeri 2 dalam kategori nyeri ringan.

Kesimpulan: Intervensi *Foot Hand Massage* dapat membantu menurunkan nyeri post SC.

Kata Kunci: Post *Sectio Casarea* (SC), *Foot Hand Massage*, Asuhan Keperawatan

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APPLICATION OF FOOT HAND MASSAGE INTERVENTION TO REDUCE POST SECTIO CAESAREA PAIN IN MRS. EM P2A0 IN NUSA INDAH II ROOM, SLEMAN REGIONAL HOSPITAL

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ABSTRACT

Background: Most women post sectio caesarea (SC) experience pain from the incision wound on the abdominal wall and uterine wall. The majority of respondents experienced post sectio caesarea pain, with 60% reporting severe pain, 25% in the moderate pain category, and 15% in the mild pain category. Pain leads to limited mobility for mothers, which negatively affects due to the degradation of blood supply, causing decreased oxygen levels in the body that can increase pain intensity. Post sectio caesarea pain management can be addressed with the non-pharmacological therapy of Foot Hand Massage. Foot Hand Massage therapy stimulates the body to release endorphins, which help reduce pain intensity.

Objective: To determine the effectiveness of Foot Hand Massage therapy in reducing post sectio caesarea (SC) pain.

Methods: This study used a descriptive case study with a nursing care approach to 1 respondent. Foot Hand Massage was administered for 20 minutes after 5 hours of analgesic administration for three days.

Results: Before the Foot Hand Massage therapy intervention, the patient's pain was on a scale of 7. On the first implementation day, the pain decreased to a scale of 5. On the second day, the pain scale was 4, and on the third day of implementation, the pain decreased to a pain scale of 2 in the mild pain category.

Conclusion: Foot Hand Massage intervention can help reduce post sectio caesarea pain.

Keywords: Post sectio caesarea (SC), Foot Hand Massage, Nursing Care.

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