

STUDI KASUS HEMOROID DENGAN TERAPI FARMAKOLOGI DAN NON-FARMAKOLOGI PADA NY.D DI KLINIK PURI ADISTI YOGYAKARTA

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RINGKASAN

Latar belakang : Hemoroid merupakan pembengkakan dan peradangan vena anorektal yang sering menimbulkan gejala nyeri, perdarahan, gatal, dan prolapse. Pada ibu nifas, kondisi ini sering dipicu oleh persalinan pervaginam lama, mengejan berlebihan, atau faktor risiko lain yang meningkatkan tekanan intraabdomen. Penanganan hemoroid memerlukan kombinasi terapi farmakologi dan non-farmakologi untuk mengurangi keluhan dan mendukung pemulihan.

Tujuan : Mengetahui penanganan hemoroid dengan terapi farmakologi dan non-farmakologi pada Ny. D usia 33 tahun di Klinik Puri Adisty Yogyakarta serta mengevaluasi hasil asuhan kebidanan berkesinambungan menggunakan tujuh langkah manajemen kebidanan.

Hasil : Subjek adalah Ny. D, multipara usia 33 tahun, pada masa nifas dengan keluhan utama nyeri saat buang air besar dan adanya benjolan pada anus sesuai gambaran hemoroid. Penatalaksanaan dilakukan melalui terapi farmakologi berupa pemberian analgesik, supositoria antihemoroid, serta pencakar ringan sesuai indikasi. Terapi non-farmakologi meliputi *sitz bath* dengan air hangat, edukasi konsumsi makanan tinggi serat, peningkatan asupan cairan. Hasil evaluasi menunjukkan perbaikan signifikan: nyeri berkurang, benjolan mengecil hingga tidak tampak, eliminasi lancar.

Kesimpulan : Terapi farmakologi dan non-farmakologi saling melengkapi dalam menangani hemoroid pada ibu nifas, terbukti efektif meningkatkan kenyamanan serta mempercepat pemulihan pascapersalinan..

Kata kunci : Asuhan kebidanan, Nifas, Hemoroid, Terapi farmakologi, Terapi non-farmakologi

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MANAGEMENT OF HEMORRHOIDS WITH PHARMACOLOGICAL AND NON-PHARMACOLOGICAL THERAPY IN MRS. D AT PURI ADISTY CLINIC YOGYAKARTA

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ABSTRACT

Background: Hemorrhoids are dilatations and inflammations of the anorectal veins that often cause symptoms such as pain, bleeding, itching, and prolapse. In postpartum women, this condition is commonly triggered by prolonged vaginal delivery, excessive straining, or other risk factors that increase intra-abdominal pressure. The management of hemorrhoids requires a combination of pharmacological and non-pharmacological therapies to alleviate symptoms and support recovery.

Objective: To describe the management of hemorrhoids with pharmacological and non-pharmacological therapy in Mrs. D, 33 years old, at Puri Adisty Clinic Yogyakarta, and to evaluate the outcomes of continuity midwifery care using the seven-step management approach.

Results: The subject, Mrs. D, a 33-year-old multiparous woman in the postpartum period, presented with the main complaints of painful defecation and a lump in the anal area consistent with hemorrhoids. Management included pharmacological therapy consisting of analgesics, anti-hemorrhoid suppositories, and mild laxatives as indicated. Non-pharmacological therapy included warm sitz baths, dietary counseling for high-fiber intake, and increased fluid consumption. Evaluation results demonstrated significant improvement: pain was reduced, the lump diminished until it was no longer visible, and elimination was smooth.

Conclusion: Pharmacological and non-pharmacological therapies complement each other in the management of hemorrhoids in postpartum women, proving effective in improving comfort and accelerating recovery after childbirth.

Keywords: Midwifery care, Postpartum, Hemorrhoids, Pharmacological therapy, Non-pharmacological therapy.

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