

## ABSTRAK

### ASUHAN KEPERAWATAN NYERI AKUT PADA IBU POST PARTUM SPONTAN DENGAN LASERASI PERINEUM DI RSUD R.A BASOENI MOJOKERTO

ERIN TENTUA

Laserasi perineum disebabkan adanya ruptur spontan maupun episiotomi. Laserasi perineum menimbulkan kerusakan jaringan perineum sehingga menyebabkan nyeri dan luka jahitan akan menambah nyeri pada perineum sehingga menimbulkan ketidaknyamanan pada ibu. Tujuan dari asuhan keperawatan ini adalah mampu mengaplikasikan asuhan keperawatan nyeri akut pada ibu post partum spontan dengan laserasi perineum di RSUD R.A Basoeni Mojokerto. Partisipan dalam studi kasus ini adalah 3 orang dengan laserasi perineum yang nyeri akut. Hasil dari asuhan keperawatan secara menyeluruh selama 3x pertemuan pada klien, dalam pengkajian data dasar ditemukan data subjektif mengeluh nyeri, dan data objektif tampak meringis, peningkatan tekanan darah dan frekuensi nafas, yang menunjukkan ketiga klien mengalami nyeri akut. Rencana asuhan sesuai dengan yang diimplementasikan dalam asuhan keperawatan. Perbedaan hasil evaluasi pada ketiga klien terjadi pada hari ketiga dimana klien 1 masih mengalami nyeri skala 2, sedangkan klien 2 dan 3 hampir tidak terasa nyerinya. Hal ini disebabkan karena penerimaan respon nyeri setiap individu berbeda-beda. Hal ini disebabkan karena banyak faktor yang mempengaruhi nyeri seseorang antara lain bagaimana klien memaknai nyeri, setiap orang mempunyai ambang nyeri yang berbeda, selain itu juga dipengaruhi oleh mekanisme coping. Keluarga diharapkan memberikan dukungan kepada ibu post partum dengan membantu merawat bayi saat ibu masih lemah dan mengalami nyeri perineum sehingga ibu dapat istirahat cukup agar mempercepat pemulihan kondisi fisik ibu.

**Kata Kunci: nyeri akut, laserasi perineum, ibu post partum**

## ABSTRACT

### NURSING CARE OF ACUTE PAIN IN POST MOTHERS SPONTANEOUS PARTUM WITH PERINEAL LACERATION AT RSUD R.A BASOENI MOJOKERTO

ERIN TENTUA

Perineal lacerations were caused by spontaneous rupture or episiotomy. Perineal lacerations cause damage to the perineal tissue, causing pain and stitches will increase pain in the perineum, causing discomfort to the mother. The purpose of this nursing care was to be able to apply acute pain nursing care to spontaneous post partum mothers with perineal lacerations at R.A Basoeni Hospital, Mojokerto. Participants in this case study were 3 people with acute pain perineal lacerations. The results of comprehensive nursing care for 3x client meetings, in the assessment of the basic data found subjective data complaining of pain, and objective data looking grimacing, increased blood pressure and respiratory frequency, which showed all three clients had acute pain. The plan of care was in accordance with what was implemented in nursing care. The difference in the evaluation results for the three clients occurred on the third day where client 1 still experienced scale 2 pain, while clients 2 and 3 felt almost no pain. This was due to the acceptance of each individual's pain response was different. This was because many factors affect a person's pain, including how the client interprets pain, everyone has a different pain threshold, besides that it was also influenced by coping mechanisms. The family was expected to provide support to post partum mothers by helping care for the baby when the mother was still weak and experiencing perineal pain so that the mother can get enough rest to speed up the recovery of the mother's physical condition.

**Keywords: acute pain, perineal laceration, post partum mother**