

ABSTRAK

“Analisis Asuhan Keperawatan Dengan Masalah Menyusui Tidak Efektif Pada Ibu Post Sectio Caesarea Melalui Penerapan Breast Care Di Ruang Sriwijaya RSUD Prof Dr Soekandar Mojosari”

Nama : Lailatul Fitriah
Program Studi : Profesi Ners
Pembimbing : Dr. Noer Saudah, S.Kep., Ns., M. Kes

Menyusui tidak efektif merupakan suatu kondisi ketika ibu dan bayi mengalami kesulitan atau ketidakpuasan dalam proses menyusui akibat gangguan pengeluaran ASI. Pada ibu postpartum post Sectio Caesarea, nyeri luka operasi, keterbatasan mobilisasi, serta kecemasan dapat menghambat refleksi oksitosin sehingga produksi dan pengeluaran ASI menjadi tidak lancar. Dampak serius apabila masalah ini tidak segera diatasi dapat menyebabkan kegagalan pemberian ASI eksklusif, bendungan ASI, mastitis, serta terganggunya pemenuhan nutrisi bayi. Salah satu upaya untuk meningkatkan kelancaran produksi dan pengeluaran ASI adalah dengan pemberian intervensi breast care yang bertujuan merangsang hormon prolaktin dan oksitosin, menjaga kebersihan payudara, serta mencegah bendungan ASI. Metode penelitian yang digunakan adalah teknik pendekatan studi kasus berbasis Evidence Based Practice (EBP) yang meliputi pengkajian, perumusan diagnosis keperawatan, perencanaan intervensi, implementasi, dan evaluasi pada pasien dengan diagnosa keperawatan menyusui tidak efektif pada ibu postpartum post Sectio Caesarea di Ruang Sriwijaya RSUD Prof. Dr. Soekandar Mojosari. Hasil penelitian menunjukkan setelah pemberian intervensi breast care selama 3 x 24 jam terjadi peningkatan pengeluaran ASI, bayi mulai mampu melekat pada payudara dengan lebih baik, ibu merasa lebih tenang, nyeri pada payudara berkurang, serta proses menyusui menjadi lebih efektif. Pasien juga menunjukkan peningkatan kepercayaan diri dalam menyusui bayinya. Hasil kesimpulan yang diperoleh dari penerapan intervensi breast care dalam upaya mengatasi menyusui tidak efektif memberikan dampak positif terhadap peningkatan kelancaran produksi dan pengeluaran ASI serta mendukung keberhasilan proses menyusui pada ibu postpartum post Sectio Caesarea.

Kata kunci: Menyusui Tidak Efektif, *Breast Care*, *Postpartum*, *Sectio Caesar*

ABSTRACT

"Analysis of Nursing Care for Ineffective Breastfeeding in Post-Cesarean Section Mothers through the Implementation of Breast Care in the Sriwijaya Ward of Prof. Dr. Soekandar Regional General Hospital, Mojokari"

Name : Lailatul Fitriah
Study Program : Nursing Profession
Mento: Dr. Noer Saudah, S.Kep., Ns., M.Kes

Ineffective breastfeeding is a condition when mothers and babies experience difficulties or dissatisfaction in the breastfeeding process due to impaired milk production. In postpartum postpartum mothers Sectio Caesarea, surgical wound pain, limited mobilization, and anxiety can inhibit the oxytocin reflex so that breast milk production and excretion are not smooth. Serious impacts if this problem is not addressed immediately can lead to failure to provide exclusive breastfeeding, breast milk dams, mastitis, and disruption of the baby's nutritional fulfillment. One of the efforts to improve the smooth production and production of breast milk is by providing breast care interventions that aim to stimulate the hormones prolactin and oxytocin, maintain breast hygiene, and prevent breast milk dams. The research method used is an Evidence Based Practice (EBP) based case study approach technique which includes the study, formulation of nursing diagnosis, intervention planning, implementation, and evaluation in patients with ineffective breastfeeding nursing diagnosis in postpartum postpartum post-Sectio Caesarea mothers in the Sriwijaya Room of Prof. Dr. Soekandar Mojokari Hospital. The results showed that after the administration of breast care intervention for 3 x 24 hours, there was an increase in breast milk production, the baby began to be able to attach to the breast better, the mother felt calmer, pain in the breast decreased, and the breastfeeding process became more effective. Patients also show increased confidence in breastfeeding their babies. The results obtained from the application of breast care interventions in an effort to overcome ineffective breastfeeding have a positive impact on improving the smooth production and expenditure of breast milk and supporting the success of the breastfeeding process in postpartum postpartum mothers after Sectio Caesarea.

Keywords: *Ineffective Breastfeeding, Breast Care, Postpartum, Sectio Caesare*