

ABSTRAK

Rahmi Ruhayati (2022). *Penerapan Pijat Kaki dan Rendam Air Hangat Dengan Campuran Kencur Terhadap Derajat Edema Fisiologis Pada Kaki Ibu Hamil Trimester III di Wilayah Kerja Puskesmas Sidomulyo Rawat Jalan*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau, Pembimbing (I) Ns. Masnun, SST., S.Kep., M.Biomed., (II) Ns. Syafrisar Meri Agritubella, M.Kep.

Edema kaki merupakan salah satu masalah yang sering terjadi pada ibu hamil. Edema kaki dijumpai hampir pada 80% ibu hamil. Edema pada kaki jika tidak ditangani akan menimbulkan ketidaknyamanan, terasa berat dan nyeri pada malam hari. Terdapat beberapa intervensi non farmakologis untuk mengurangi edema pada kaki diantaranya yaitu pijat kaki dan rendam air hangat dengan campuran kencur. Metode yang digunakan yaitu berupa studi kasus pada 2 ibu hamil trimester III yang mengalami edema pada kaki. Intervensi dilakukan dengan menerapkan pijat kaki selama 20 menit dan rendam air hangat dengan campuran kencur selama 10 menit selama 5 hari. Hasil menunjukkan sebelum intervensi derajat edema 2, setelah dilakukan intervensi derajat edema berkurang menjadi derajat 1. Kesimpulannya adalah pijat kaki dan rendam air hangat dengan campuran kencur efektif untuk mengurangi derajat edema pada kaki ibu hamil trimester III.

Kata Kunci : Edema, Pijat Kaki dan Rendam Air Hangat Campur Kencur

ABSTRACT

Rahmi Ruhayati (2022). Application of Foot Massage and Warm Water Soak Mixed *Kaempferia galanga* on the Degree of Physiological Edema in the Feet of Pregnant Women in the Third Trimester in the Working Area of the Sidomulyo Rawat Jalan Public Health Center. Scientific Paper Case Study, Pekanbaru Nursing Diploma Program, Department of Nursing, Ministry of Health Polytechnic of Riau, Supervisor (I) Ns. Masnun, SST., S.Kep., M.Biomed., (II) Ns. Syafrisar Meri Agritubella, M.Kep.

Foot edema is one of the problem that often experienced in pregnant women. Foot edema was found in about 80% of pregnant women. Foot edema if not treated can cause discomfort, feeling heavy, and cramps at night. There are several non-pharmacological interventions to reduce edema, including foot massage and soaking in warm water mixed with *Kaempferia galanga*. The method used is a case study of 2 pregnant women in third trimester who experienced edema in their legs. The intervention is given the participants a foot massage for 20 minutes and soaking warm water mixed with *Kaempferia galanga* for 10 minutes, for 5 days. The results showed before the intervention the degree of edema was 2, after the intervention the degree of edema was reduced to degree 1. It was concluded that foot massage and soaking warm water mixed with *Kaempferia galanga* were effective in reducing the degree of edema in the feet third trimester pregnant women.

Key Words : Edema, Foot Massage and Warm Water Soak Mixed With *Kaempferia galang*