

ABSTRAK

Adinda Salsabila. (2026). Gambaran Asuhan Keperawatan dengan Masalah Ketidaknyamanan Nyeri pada Ibu Post Partum di Klinik Mandiri Bidan Rosita. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Melly, SST., S.Kep., M.Kes. Pembimbing (II) Hermitati, S.Pd., S.Kep., M.K.M.

Latar Belakang: Masa post partum merupakan masa pemulihan ibu setelah persalinan yang disertai perubahan fisiologis dan psikologis. Salah satu ketidaknyamanan yang sering dialami ibu adalah trauma pada perineum akibat adanya robekan pada jalan lahir selama persalinan. **Tujuan:** Penelitian ini bertujuan menerapkan asuhan keperawatan komprehensif pada ibu pasca partum dengan masalah keperawatan ketidaknyamanan pasca partum. **Metode:** Desain Penelitian berupa studi kasus deskriptif dengan pendekatan asuhan keperawatan meliputi pengkajian hingga evaluasi. Responden dari Penelitian ini adalah ibu post partum dengan diagnosis keperawatan ketidaknyamanan pasca partum di Praktik Klinik Mandiri Bidan Rosita. Data di kumpulkan melalui wawancara, observasi, pemeriksaan fisik dan dokumentasi selama 3 hari kunjungan (6-8 April 2026). Hasil: Pengkajian awal menunjukkan klien mengeluhkan ketidaknyamanan pasca partum yaitu nyeri di daerah jahitan jalan lahir dengan skala nyeri 8. Diagnosis keperawatan yang ditegakkan adalah ketidaknyamanan pasca partum berhubungan dengan trauma pada daerah perineum. Intervensi yang dilakukan meliputi manajemen nyeri serta terapi non-farmakologis. Setelah melakukan implementasi selama 3 hari, evaluasi menunjukkan keluhan subjektif menurun dan rasa nyeri daerah jalan lahir sudah berkurang. **Kesimpulan:** Pendekatan Asuhan keperawatan terstruktur efektif mengatasi masalah keperawatan ketidaknyamanan pasca partum. **Saran:** Disarankan bagi pihak keluarga agar dapat mengoptimalkan pemantauan pada tahap pemulihan terhadap klien

Kata Kunci: Asuhan Keperawatan, Nyeri, Post Partum, Post Partum Trauma Perineum.

ABSTRACT

Adinda Salsabila. (2026). *Description of Nursing Care for Postpartum Mothers with Discomfort Problems Related to Pain at Rosita Independent Midwifery Clinic*. Scientific Case Study Paper, Diploma III Nursing Study Program, Health Polytechnic of the Ministry of Health Riau. Supervisor I: Ns. Melly, SST., S.Kep., M.Kes. Supervisor II: Hermitati, S.Pd., S.Kep., M.K.M.

Background: The postpartum period is a recovery phase experienced by mothers after childbirth, accompanied by physiological and psychological changes. One of the common discomforts experienced during this period is perineal trauma caused by tears in the birth canal during labor. **Objective:** This study aimed to implement comprehensive nursing care for postpartum mothers experiencing postpartum discomfort. **Methods:** This study used a descriptive case study design with a nursing care approach that included assessment, diagnosis, intervention, implementation, and evaluation. The respondent was a postpartum mother diagnosed with postpartum discomfort at Rosita Independent Midwifery Clinic. Data were collected through interviews, observation, physical examination, and documentation during three home visits conducted from April 6–8, 2026. **Results:** The initial assessment showed that the client experienced postpartum discomfort in the form of pain in the perineal suture area with a pain scale of 8. The nursing diagnosis established was postpartum discomfort related to trauma in the perineal area. Interventions included pain management and non-pharmacological therapy. After three days of nursing implementation, the evaluation indicated a decrease in subjective complaints and reduced pain in the perineal wound area. **Conclusion:** A structured nursing care approach was effective in overcoming postpartum discomfort problems. **Suggestion:** Families are encouraged to optimize monitoring and support during the client's recovery period.

Keywords: Postpartum, Pain, Perineal Trauma, Nursing Care.