

**KEMENKES POLTEKKES BANDUNG PROGRAM STUDI KEBIDANAN
(KAMPUS BOGOR) PROGRAM DIPLOM TIGA
LAPORAN TUGAS AKHIR, 20 JUNI 2024**

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**Asuhan Kebidanan Nifas pada Ny. S 26 tahun P3A0 Di RSUD Leuwiliang
VI BAB, 62 halaman, 5 lampiran, 2 tabel, 2 gambar**

ABSTRAK

Masa nifas adalah masa setelah bayi dan plasenta lahir sampai alat kandungan kembali normal dalam waktu kurang lebih 6 minggu dengan ditandai berhentinya perdarahan. Pada masa nifas terdapat beberapa ketidaknyamanan yaitu nyeri perut setelah melahirkan (*Afterpain*). Hasil penelitian, dari 22 ibu nifas didapatkan 45,5% ibu mengalami nyeri setelah persalinan, dengan intensitas sedang, jika tidak segera ditangani akan berdampak pada proses pemulihan ibu selama masa nifas serta terhambatnya proses laktasi untuk bayi. Berdasarkan hal tersebut penulis tertarik untuk melakukan "Asuhan Kebidanan Nifas pada Ny. S 26 tahun P3A0 di RSUD Leuwiliang".

Laporan Tugas Akhir ini dibuat menggunakan metode laporan kasus dengan pendekatan manajemen kebidanan dan pendokumentasian dalam bentuk (SOAP). Teknik pengumpulan data menggunakan metode wawancara, pemeriksaan fisik, observasi, studi dokumentasi dan studi literatur.

Data subjektif 2 jam yang diperoleh yaitu Ny. S mengeluh nyeri seperti kram di bagian bawah perut, nyeri akan terasa ketika menyusui bayinya. Data objektif yang diperoleh ibu tampak kesakitan, terdapat nyeri tekan pada perut bagian bawah, dan hasil skala nyeri dengan numeric rating scale yaitu 7. Diagnosa yang ditegakkan adalah Ny. S 26 tahun P3A0 postpartum 2 jam dengan ketidaknyamanan *afterpain*. Penatalaksanaan yang dilakukan adalah menganjurkan ibu teknik relaksasi, massage effleurage, memenuhi kebutuhan istirahat, nutrisi, hidrasi dan senam nifas.

Kesimpulannya, setelah diberikan asuhan pada Ny. S, rasa nyeri sudah tidak terasa. Saran untuk klien dan keluarga agar menjaga kesehatan, melakukan kontrol sesuai jadwal atau saat ada keluhan, melakukan perawatan bayi baru lahir, dan KB pasca bersalin. .

Kata Kunci : *Afterpain*, Ketidaknyamanan, Postpartum

Pustaka : (2014-2024)

**MINISTRY OF HEALTH POLYTECHNICS BANDUNG MIDWIFERY STUDY
PROGRAM (BOGOR CAMPUS) DIPLOM THREE PROGRAM
FINAL PROJECT REPORT, JUNE 20, 2024**

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***Postpartum Midwifery Care for Mrs. S, 26 years old, P3A0 at Leuwiliang Hospital
VI CHAPTERS, 62 pages, 5 appendices, 2 tables, 2 images***

ABSTRACT

The postpartum period is the period after the baby and placenta are born until the uterine organs return to normal in approximately 6 weeks, marked by the cessation of bleeding. During the postpartum period, there are several discomforts, namely abdominal pain after childbirth (afterpain). The results of the study, which included 22 postpartum mothers, found that 45.5% of mothers experienced pain after childbirth, with moderate intensity. If not treated immediately, it would have an impact on the mother's recovery process during the postpartum period and inhibit the lactation process for the baby. Based on this, the author is interested in doing "postpartum midwifery care for Mrs. S, 26 years old, P3A0 at Leuwiliang Hospital."

This final project report was made using the case report method with an obstetric management and documentation in form (SOAP) approach. The data collection technique uses interview methods, physical examination, observation, documentation study, and literature study.

The 2-hour subjective data obtained was that Mrs. S complained of pain, such as cramps in the lower abdomen. Pain would be felt when breastfeeding her baby. The objective data obtained by the mother appeared to be painful; there was tenderness in the lower abdomen, and the results of the pain scale had a numeric rating scale of 7. The diagnosis that was established was Mrs. S, 26 years old, P3A0, postpartum 2 hours with afterpain discomfort. The management carried out is to encourage mothers to relax techniques, massage effleurage, meet the needs of rest, nutrition, hydration, and postpartum gymnastics.

In conclusion, after being given care by Mrs. S, the pain was no longer felt. Advice for clients and families to maintain health, carry out control according to the schedule or when there are complaints, carry out newborn care, and perform postpartum birth control. For the midwifery profession, it is hoped that it can maintain and improve the quality of postpartum care provided so that problems that occur during the postpartum period can be properly managed.

***Keywords: Afterpain, Discomfort, Postpartum
Bibliography: (2014-2024)***