

Analisis penerapan aromaterapi lavender terhadap RELAKSASI dan nyeripada asuhan keperawatan Ny Y post sectio caesaria = Analysis of the application of lavender aromatherapy to RELAXATION and pain in the nursing care of Mrs Y post caesarean section

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Abstrak

Operasi sectio caesarea (SC) adalah tindakan bedah untuk mengeluarkan janin dengan membuka dinding perut dan dinding rahim. Ibu post section caesarea akan merasakan nyeri dan dampaknya adalah mobilisasi ibu menjadi terbatas, Activity of Daily Living (ADL) terganggu, bonding attachment (ikatan kasih sayang) dan Inisiasi Menyusui Dini (IMD) tidak terpenuhi karena adanya peningkatan intensitas nyeri apabila ibu bergerak. Penulisan karya ilmiah ini bertujuan untuk melaporkan asuhan keperawatan pada ibu post section caesarea yang mengalami masalah nyeri beserta dengan pengaruh penerapan aromaterapi lavender untuk relaksasi. Metode studi kasus dengan melakukan intervensi terapi komplementer aromaterapi selama tiga hari dengan teknik steaming. Hasil analisis setelah dilakukan intervensi terapi komplementer aromaterapi yaitu terjadi penurunan tingkat nyeri dinilai dengan pengukuran menggunakan metode PQRST.

..... Sectio Caesarea (SC) surgery is a surgical procedure to remove the fetus by opening the abdominal wall and uterine wall. Post caesarean section mothers will feel pain and the impact is that the mother's mobility becomes limited, Activity of Daily Living (ADL) is disrupted, attachment bonding and Early Breastfeeding Initiation are not fulfilled due to an increase in the intensity of pain when the mother moves. The aim of writing this scientific work is to report nursing care for mothers post caesarean section who experience pain problems along with the effect of applying complementary aromatherapy therapy to reduce pain levels. The case study method involves carrying out a complementary aromatherapy therapy intervention for three days using the steaming technique. The results of the analysis after the complementary aromatherapy therapy intervention were carried out, namely that there was a decrease in pain levels assessed by measurements using the PQRST method.