

ABSTRAK

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Program Studi : Pendidikan Profesi Ners
Judul : Asuhan keperawatan pada ibu *post sectio caesarea* dengan masalah menyusui tidak efektif melalui tindakan pijat oksitosin RS Bayangkara Tk I PUSDOKKES POLRI”
Pembimbing I : Ns. Lia Fitriyanti, S.Kep., M.Kep
Pembimbing II: Ns. Ni Luh Putu Martini, S.kep

Latar belakang : Tindakan persalinan dengan *Sectio Caesarea* (SC) akan memberikan dampak pada ibu yaitu ibu akan merasakan sensasi nyeri yang hebat. Teknik ini dapat mengoptimalkan reflek pengeluaran ASI Sehingga memperlancar produksi ASI, Untuk menerapkan asuhan keperawatan pada ibu post partum *Sectio Caesarea* (SC) dengan masalah menyusui tidak efektif melalui tindakan pijat oksitosin di RS Bhayangkara Tk.1 PUSDOKKES POLRI.

Metode : Penelitian ini menggunakan pendekatan studi kasus deskriptif pada ibu postpartum pasca operasi *Sectio Caesarea* diRS Bhayangkara Tingkat I PUSDOKKES POLRI Jakarta Timur pada tanggal 18–21 Maret 2024. Asuhan keperawatan dilakukan melalui tahapan pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Fokus intervensi difokuskan pada pijat oksitosin, edukasi teknik menyusui yang benar, peningkatan mobilisasi, serta pencegahan infeksi untuk memperlancar produksi ASI dan mempercepat pemulihan ibu.

Hasil: Asuhan keperawatan pada Ny. I post *Sectio Caesarea* di RS Bhayangkara Tk. I PUSDOKKES POLRI telah berjalan sesuai teori SDKI, SIKI, dan SLKI, dengan kesenjangan minor bersifat administratif dan kontekstual. Intervensi utama seperti pijat oksitosin, edukasi, manajemen nyeri, dan mobilisasi dini terbukti efektif meningkatkan produksi ASI, menurunkan nyeri, serta mengurangi kecemasan pasien. Hasil evaluasi menunjukkan peningkatan signifikan dalam kondisi fisik dan psikologis pasien, menandakan kesesuaian antara teori dan praktik keperawatan.

Kesimpulan: Asuhan keperawatan pada Ny.I post *Sectio Caesarea* selama tiga hari difokuskan pada masalah menyusui tidak efektif melalui intervensi utama, latihan Pijat oksitosin ini direkomendasikan untuk memperlancar pengeluaran ASI memberikan kenyamanan pada ibu post *sectio caesarea* (SC) sehingga dapat menurunkan nyeri dan stress yang dirasakan klien. Maka, diharapkan perawat memahami terapi - terapi non farmakologi yang menunjang keberhasilan asuhan keperawatan yang ada.

Kata kunci : Nyeri, Pijat oksitosin, Post partum, *Sectio Caesarea* (SC)

ABSTRACT

Name : Annisa Hardiyanti
Study : Program: Nursing Professional Education
Title : Nursing care for post-cesarean section mothers with ineffective breastfeeding problems through oxytocin massage at Bhayangkara Hospital, Level I, National Police Medical Center.
Supervisor I : Ms. Lia Fitriyanti, S.Kep., M.Kep
Supervisor II : Ms. Ni Luh Putu Martini, S.Kep

Background: Cesarean section (CS) delivery will have an impact on the mother, namely the mother will experience a sensation of intense pain. This technique can optimize the milk ejection reflex, thereby facilitating milk production. To implement nursing care for postpartum mothers with Cesarean section (CS) with ineffective breastfeeding problems through oxytocin massage at Bhayangkara Hospital Level 1, Police Health Center.

Methods: This study used a descriptive case study approach for postpartum mothers after Cesarean section surgery at Bhayangkara Hospital Level 1, Police Health Center, East Jakarta, on March 18–21, 2024. Nursing care was carried out through the stages of assessment, diagnosis, planning, implementation, and evaluation. The focus of the intervention was oxytocin massage, education on correct breastfeeding techniques, increased mobilization, and infection prevention to facilitate milk production and accelerate maternal recovery.

Results: Nursing care for Mrs. I post Cesarean section at Bhayangkara Hospital Level 1, Police Health Center. The Indonesian National Police Medical Center (Pusdokkes Polri) has been operating in accordance with the SDKI (Indonesian Breastfeeding and Health Education Standards), SIKI (Indonesian Breastfeeding and Health Education Standards), and SLKI (Indonesian Breastfeeding and Health Education Standards), with minor administrative and contextual gaps. Key interventions such as oxytocin massage, education, pain management, and early mobilization have proven effective in increasing breast milk production, reducing pain, and alleviating patient anxiety. Evaluation results showed significant improvements in the patient's physical and psychological condition, indicating a congruence between nursing theory and practice.

Conclusion: Nursing care for Mrs. I, who underwent a three-day post-cesarean section, focused on addressing the issue of ineffective breastfeeding through the primary intervention, oxytocin massage exercises. This is recommended to facilitate breast milk flow and provide comfort to post-cesarean section (CS) mothers, thereby reducing pain and stress experienced by clients. Therefore, nurses are expected to understand non-pharmacological therapies that support the success of existing nursing care.

Keywords: Pain, Oxytocin Massage, Postpartum, Cesarean Section (CS)