

ABSTRAK

**SEKOLAH TINGGI ILMU KESEHATAN
BINA HUSADA PALEMBANG
PROGRAM STUDI ILMU KEPERAWATAN
Karya Ilmiah Akhir Ners, Agustus 2024**

YUNI AMELIANA

ANALISIS ASUHAN KEPERAWATAN PADA IBU INPARTU KALA 1 FASE AKTIF YANG MENGALAMI NYERI PERSALINAN DENGAN INTERVENSI MASSAGE EFFLUERAGE DI PRAKTIK MANDIRI BIDAN LILIS SWANINGSIH

(xiv + 83 Halaman + 8 Tabel + 7 Gambar + 3 Lampiran)

Meningkatkan derajat kesehatan yang adil dan merata diperlukan sikap responsif dan efektif dalam melakukan suatu tindakan untuk memberikan kenyamanan dan menghindari resiko yang terjadi seperti resiko kehamilan dan persalinan. Persalinan merupakan proses pengeluaran janin, plasenta, dan membran dari dalam rahim melalui jalan lahir. Proses ini berawal dari pembukaan dan dilatasi serviks sebagai akibat kontraksi uterus dengan frekuensi, durasi, dan kekuatan yang teratur.

Tujuan penelitian ini yaitu adalah mampu menerapkan intervensi Analisis Asuhan Keperawatan Pada Ibu Inpartu Kala 1 Fase Aktif Yang Mengalami Nyeri Persalinan Dengan Intervensi Massage Effluerage Di Praktik Mandiri Bidan Lilis Swaningsih. Pada penulisan metode Ilmiah ini menggunakan metode pendekatan studi kasus. Pada penulisan metode ilmiah sesuai dengan kaidah proses keperawatan meliputi pengkajian, diagnosa keperawatan, Intervensi Keperawatan, Implementasi keperawatan, dan Evaluasi Keperawatan.

Pada saat pengkajian yang dilakukan klien Ny. A dengan ibu inpartu kala I Klien mengatakan nyeri pada bagian perut dan pinggang . setelah dilakukan intervensi keperawatan massage Effluerage selama 15-30 menit per tahap dalam 1x24 jam di dapatkan hasil skala nyeri klien turun menjadi 3 = nyeri ringan.

Masalah nyeri persalinan pada ibu inpartu kala I fase aktif etelah dilakukan intervensi tehnik *Massage Effleurage* terbukti dapat beradaptasi dan dapat mengontrol rasa nyeri serta mampu menerapkan manajemen nyeri kontraksi datang sesuai dengan tindakan yang diajarkan. Diharapkan bagi Praktik Mandiri Bidan tindakan *Massage Effleurage* ini agar bisa diterapkan untuk penanganan non farmakologi pada ibu inpartu kala I dengan masalah nyeri persalinan setiap penolong persalinan dapat memberikan kenyamanan selama proses persalinan.

Kata Kunci : *ibu Inpartu Kala I Fase Aktif, Massage Effluerage, Nyeri Persalian*

Daftar Pustaka : *23 (2013-2024)*

ABSTRACT

**HIGH SCHOOL OF HEALTH SCIENCES
BINA HUSADA PALEMBANG
NURSING SCIENCE STUDY PROGRAM
Ners Final Scientific Work, August 2024**

NAMA : YUNI AMELIANA

ANALYSIS OF NURSING CARE FOR ACTIVE PHASE 1ST STAGE WOMEN EXPERIENCED LABOR PAIN USING MASSAGE EFFLUERAGE INTERVENTION IN THE INDEPENDENT PRACTICE OF MIDWIFERY LILIS SWANINGSIH

(xiv + 83 Pages + 8 Tables + 7 Figures + 3 Attachments)

Improving fair and equitable health status requires a responsive and effective attitude in carrying out actions to provide comfort and avoid risks such as pregnancy and childbirth. Childbirth is the process of expelling the fetus, placenta and membranes from the uterus through the birth canal. This process begins with the opening and dilatation of the cervix as a result of uterine contractions with regular frequency, duration and strength.

The aim of this research is to be able to apply the intervention of Nursing Care Analysis to Inpartum Mothers in the 1st Stage of Active Phase Who Experience Labor Pain with Massage Effluerage Intervention in the Independent Practice of Midwife Lilis Swaningsih. In writing this scientific method, a case study approach is used. In writing the scientific method in accordance with the rules of the nursing process, it includes assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation.

During the assessment carried out by the client, Mrs. A with the in-partum mother in the first stage. The client said pain in the stomach and waist. After carrying out the Effluerage massage nursing intervention for 15-30 minutes per stage in 1 x 24 hours, the result was that the client's pain scale dropped to 3 = mild pain.

The problem of labor pain in inpartum mothers in the first stage of the active phase after the intervention of the Effleurance Massage technique was proven to be adaptable and able to control the pain and able to apply pain management as the contractions came in accordance with the actions taught. It is hoped that for the Independent Practice of Midwives, this Massage Effleurance action can be applied for non-pharmacological treatment of mothers in the first stage of labor with problems of labor pain. Each birth attendant can provide comfort during the labor process.

Keywords: *Mothers in labor during the first active phase, massage effluerage, labor pain*

Bibliography: 23 (2013-2024)