

ASUHAN KEPERAWATAN MATERNITAS
NY. D HAMIL USIA 39 MINGGU G2P1A0 INPARTU FASE AKTIF DENGAN NYERI
PERSALINAN BERHUBUNGAN DENGAN DILATASI SERVIKS DENGAN
INTERVENSI *BIRTH BALL*
DI RUANG BERSALIN PUSKESMAS PIR BUTONG

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INTISARI

Latar Belakang: Nyeri persalinan memerlukan penanganan yang baik dan tidak menimbulkan masalah dalam proses persalinan serta komplikasi saat persalinan. Pada temuan kasus di Puskesmas Pir Butong pasien Ny. D dengan keluhan perut mules, keluar lendir bercampur darah dari vagina, His teratur, Frekuensi 2x dalam 30 menit lama his 10-15 detik. Diagnosa keperawatan nyeri persalinan. Salah satu intervensi manajemen nyeri adalah terapi non farmakologi dengan relaksasi. Relaksasi bisa dilakukan dengan melakukan tehnik *Birth Ball*.

Tujuan: Melaksanakan asuhan keperawatan maternitas pada Ny. D dengan diagnosa nyeri persalinan

Metode: Proses asuhan keperawatan dimulai dari pengkajian, diagnosa, intervensi dan implementasi inovasi berdasarkan *evidence-based practice* dengan melakukan tehnik *Birth Ball*, serta evaluasi asuhan keperawatan. Teknik pengumpulan data yang di gunakan antara lain: wawancara, observasi dan pemeriksaan fisik

Hasil: Masalah keperawatan nyeri persalinan sudah teratasi dimana pasien mengatakan dapat mengontrol rasa nyeri, membantu proses penurunan kepala lebih cepat dan dapat menurunkan kecemasan.

Kesimpulan: Kasus nyeri persalinan normal pada Ny. D teratasi dengan inovasi tehnik *Birth Ball*

Kata Kunci: Nyeri Persalinan, *Birth Ball*

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MATERNITY NURSING CARE

NY. D 39 WEEKS G2P1A0 PREGNANT IN THE ACTIVE PHASE WITH LABOR PAIN ASSOCIATED WITH CERVICAL DILATATION WITH BIRTH BALL INTERVENTION AT PONEK PIR BUTONG HEALTH CENTER

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ABSTRAC

Background: Labor pain requires good treatment and does not cause problems during the delivery process or complications during delivery. In the case findings at the Pir Butong Community Health Center, the patient Mrs. D with complaints of stomach ache, mucus mixed with blood coming out of the vagina, regular HIS, Frequency 2x in 30 minutes long 10-15 seconds. Nursing diagnosis of labor pain. One of the pain management interventions is non-pharmacological therapy with relaxation. Relaxation can be done by doing the Birth Ball technique.

Purpose: To carry out maternity nursing care for Mrs. D with a diagnosis of labor pain

Method: The nursing care process starts from assessment, diagnosis, intervention and implementation of innovations based on evidence-based practice by carrying out the Birth Ball technique, as well as evaluating nursing care. Data collection techniques used include: interviews, observation and physical examination

Results: The nursing problem of labor pain has been resolved where patients say they can control the pain, help the process of lowering the head more quickly and can reduce anxiety.

Conclusion: Case of normal labor pain in Mrs. D was resolved with the innovation of the Birth Ball technique

Keywords: Labor pain, Birth Ball

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