

# ASUHAN KEPERAWATAN PADA PASIEN POSTPARTUM SPONTAN DENGAN MASALAH KEPERAWATAN MENYUSUI TIDAK EFEKTIF DAN PENERAPAN PIJAT OKSITOSIN DI RUANG MAWAR RUMAH SAKIT UMUM DAERAH MAJENANG

*Nursing Care For Spontaneous Postpartum Patients With Ineffective Breastfeeding Nursing Problems And The Application Of Oxytocin Massage In The Mawar Room Of The Majenang Regional General Hospital*

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## ABSTRAK

Postpartum adalah masa setelah plasenta lahir dan berakhir ketika alat-alat kandungan kembali pada keadaan sebelum hamil, masa postpartum berlangsung selama kira-kira 6 minggu. Saat postpartum ibu akan mengalami proses adaptasi fisiologi dan psikologi. Selama masa adaptasi tersebut akan muncul gangguan salah satunya yaitu menyusui tidak efektif. Tujuan: menggambarkan pengelolaan asuhan keperawatan pasien postpartum dengan menyusui tidak efektif dan penerapan pijat oksitosin. Jenis penelitian ini menggunakan pendekatan studi kasus. Subyek penelitian yang digunakan yaitu satu orang ibu postpartum yang dipilih berdasarkan kriteria inklusi. Instrumen penelitian yang digunakan adalah format pengkajia post natal, buku 3 S (SDKI,SLKI,SIKI) dan SOP pijat oksitosin. Hasil studi kasus pada Ny.S menunjukkan pada 16 jam postpartum diberikan terapi pijat oksitosin yang kedua kemudian didapatkan hasil sebelum dilakukan pijat oksitosin yang kedua ASI belum menetes/ memancar dan setelah dilakukan pijat oksitosin ASI menetes/ memancar sedikit. Dari hasil disimpulkan bahwa Pijat Oksitosin dapat meningkatkan produksi Asi pada Ibu Menyusui.

**Kata kunci :** Postpartum, Menyusui tidak efektif, Pijat oksitosin

## ABSTRACT

*Postpartum is the period after the plasenta is born and ends when the uterine organs return to their pre-pregnancy state. The postpartum period lasts for approximately 6 weeks. After giving birth, the mother will experience a process of physiological and psychological adaptation. During the adaptation period, problems will arise, one of which is ineffective breastfeeding. Objective: to describe the management of nursing care for postpartum patients with ineffective breastfeeding and the application of oxytocin massage. This type of research uses a case study approach. The research subject used was one postpartum mother who was selected based on inclusion criteria. The research instruments used were the postnatal assessment format, the 3 S book (SDKI, SLKI, SIKI) and the oxytocin massage SOP. The results of the case study on Mrs. S showed that at 16 hours postpartum she was given a second oxytocin massage therapy, then the results were obtained before the second oxytocin massage was carried out, the breast milk had not dripped/gushed out and after the oxytocin massage the breast milk dripped/gushed out a little. From the results it was concluded that Oxytocin Massage can increase breast milk production in breastfeeding mothers.*

**Keywords:** Postpartum, ineffective breastfeeding, oxytocin massage