ABSTRACT

DWI SAFIRA PUTRI S. GIU. Variations in postpartum pain levels between post-SC mothers using ERACS and traditional techniques in the postpartum room at RSIA Sitti Khadijah, Gorontalo City. Under the direction of Chairman Ani Retni, members Fahmi A. Lihu.

Depending on their perspective and pain threshold, Post SC patients have varying degrees of discomfort. Due to tears in the tissue of the anterior abdominal wall, post-SC patients will feel pain in the location of the incision. The purpose of this study is to compare the pain levels of postpartum women in the Postpartum Room at RSIA Sitti Khadijah, Gorontalo City, using the conventional approach and the ERACS (Enhanced Recovery After Cesarean Section) method. Purposive sampling procedures were used to identify 40 respondents for this quantitative, cross-sectional study design. An observation sheet with the Numeric Rating Scale (NRS) was the tool used to gauge pain levels. According to the study's findings, the most common amount of pain experienced by post-SC moms using traditional procedures was moderate pain, followed by 13 (65.0%), 4 (20.0%), and 3 (15.0%) who experienced mild pain and severe pain, respectively. Following the SC Eracs method, the greatest amount of maternal discomfort was mild pain; 16 respondents (80.0%) had moderate pain, 4 respondents (20.0%) had moderate pain, and none reported severe pain. The resulting P value was 0.001<0.05. In summary, patients can begin early mobilization and recover more quickly thanks to the ERACS method's superior ability to reduce pain intensity compared to traditional approaches.

Keywords: Sectio Caesarea (SC), Post-SC Pain, Eracs Method, and Conventional Method.

ABSTRAK

DWI SAFIRA PUTRI S.GIU. Perbedaan tingkat nyeri Metode Konvensional dan Eracs pada ibu Post SC Di Ruang Nifas RSIA Sitti Khadijah Kota Gorontalo. Dibimbing oleh Ketua Ani Retni dan Fahmi A. Lihu sebagai anggota.

Tingkat nyeri pasien Post SC bervariasi, tergantung pada persepsi dan ambang nyeri masing-masing pasien. Pasien Post SC akan mengalami nyeri pada luka daerah insisi karena disebabkan oleh robekan pada jaringan dinding perut depan. Penelitian ini bertujuan untuk mengetahui perbedaan tingkat nyeri antara metode konvensional dan metode ERACS (Enhanced Recovery After Cesarean Section) pada ibu post SC di Ruang Nifas RSIA Sitti Khadijah Kota Gorontalo. Desain penelitian ini adalah kuantitatif dengan pendekatan cross-sectional, melibatkan 40 responden yang dipilih menggunakan teknik Purposive-sampling. Instrumen yang digunakan adalah lembar observasi untuk mengukur tingkat nyeri menggunakan skala Numeric Rating Scale (NRS). Hasil penelitian menunjukkan bahwa tingkat nyeri ibu Post SC metode Knvensional yang tertinggi yaitu nyeri sedang sebanyak 13 otang (65,0%), nyeri ringan sebanyak 4 orang (20,0%) dan yang terendah nyeri berat sebanyak 3 orang (15,0%). Sedangkan tingkat nyeri ibu post SC Metode Eracs yang tertinggi nyeri ringan sebanyak 16 orang (80,0%), nyeri sedang 4 orang (20,0%) dan tidang ada responden yang mengalami nyeri berat. Didapatkan nilai P Value sebesar 0,001<0,05. Kesimpulannya, metode ERACS lebih efektif dalam mengurangi intensitas nyeri dibandingkan metode konvensional, memungkinkan pasien pulih lebih cepat dan memulai mobilisasi dini.

Kata Kunci : Metode Eracs, Metode Konvensional, Nyeri Post SC, Sectio Caesarea (SC).