

ABSTRAK

Latar belakang: *Post partum* merupakan masa pemulihan setelah persalinan yang memerlukan perawatan optimal untuk mempercepat penyembuhan, mencegah komplikasi, dan meningkatkan kemandirian ibu dalam melakukan perawatan diri. **Rumusan masalah:** dalam studi kasus ini adalah bagaimana penerapan asuhan keperawatan pada Ny. I dengan masalah defisit perawatan diri di Ruang Kebidanan RSUD Tgk. Chik Ditiro Sigli. **Tujuan:** penulisan adalah menerapkan asuhan keperawatan secara komprehensif melalui pengkajian, diagnosis, intervensi, implementasi, evaluasi, dan dokumentasi keperawatan. **Metode:** yang digunakan adalah studi kasus dengan pendekatan proses keperawatan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. **Tanggal penelitian:** dilaksanakan pada tanggal 13–16 Mei 2026. **Hasil pengkajian:** menunjukkan pasien mengeluh nyeri pada luka insisi post sectio caesarea, nyeri saat bergerak, pusing, lemas, keterbatasan melakukan perawatan diri, kurang memahami perawatan luka, dan gangguan tidur. **Diagnosis keperawatan:** meliputi nyeri, risiko infeksi, defisit perawatan diri, dan gangguan pola tidur. **Intervensi:** berupa manajemen nyeri, pencegahan infeksi, dukungan perawatan diri, dan promosi tidur. **Implementasi:** dilakukan selama empat hari dengan melibatkan keluarga. **Evaluasi** menunjukkan nyeri berkurang, tidak terdapat tanda infeksi, kemampuan perawatan diri meningkat, dan kualitas tidur membaik. **Kesimpulan:** asuhan keperawatan mampu meningkatkan kondisi fisik dan kemandirian pasien *post partum*. **Saran:** tenaga kesehatan diharapkan memberikan edukasi berkelanjutan serta melibatkan keluarga dalam proses pemulihan ibu *post partum*.

Kata kunci: *post partum*, asuhan keperawatan, defisit perawatan diri, nyeri, risiko infeksi.

ABSTRACT

Background: The postpartum period is a recovery phase following childbirth that requires optimal care to accelerate healing, prevent complications, and improve the mother's independence in performing self-care. **The problem statement:** of this case study is how nursing care is implemented for Mrs. I with a self-care deficit in the Maternity Ward of RSUD Tgk. Chik Ditiro Sigli. **The objective:** of this study is to implement comprehensive nursing care through the nursing process, including assessment, nursing diagnosis, intervention, implementation, evaluation, and nursing documentation. **The method:** used was a case study with a nursing process approach through interviews, observation, physical examination, and documentation review. **The study was conducted:** from May 13 to May 16, 2026. **The assessment findings:** revealed that the patient complained of pain at the post-caesarean incision site, pain during movement, dizziness, weakness, limitations in performing self-care, insufficient knowledge regarding wound care, and disturbed sleep. **The nursing diagnoses:** established were acute pain, risk for infection, self-care deficit, and disturbed sleep pattern. **The nursing interventions:** included pain management, infection prevention, self-care support, and sleep promotion. **The implementation:** was carried out for four days with family involvement. **The evaluation:** showed reduced pain, no signs of infection, improved self-care ability, and better sleep quality. **In conclusion:** comprehensive nursing care improved the patient's physical condition and independence during the postpartum period. **Suggestion:** Healthcare professionals are expected to provide continuous education and involve the family in supporting the recovery of postpartum mothers.

Keywords: postpartum, nursing care, self-care deficit, acute pain, risk for infection.