

ABSTRAK

Latar belakang: Masa postpartum merupakan masa pemulihan setelah persalinan yang membutuhkan perawatan yang tepat, terutama pada ibu dengan luka perineum. Luka perineum dapat menyebabkan nyeri, mengganggu aktivitas, serta meningkatkan risiko infeksi apabila tidak dirawat dengan baik. **Rumusan masalah:** dalam studi kasus ini adalah bagaimana penerapan asuhan keperawatan pada Ny. N dengan luka perineum di Ruang Kebidanan RSUD Tgk. Chik Ditiro Sigli. **Tujuan:** penulisan ini adalah menerapkan asuhan keperawatan secara komprehensif melalui pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. **Metode:** yang digunakan adalah studi kasus dengan pendekatan proses keperawatan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Asuhan keperawatan dilaksanakan selama tiga hari, yaitu tanggal 12–14 Mei 2026. **Hasil pengkajian:** menunjukkan pasien mengeluh nyeri pada daerah jahitan perineum terutama saat duduk, berjalan, dan berkemih dengan skala nyeri 6, terdapat luka perineum derajat II dengan edema ringan, serta pasien belum mengetahui cara perawatan luka yang benar. **Diagnosis keperawatan:** nyeri akut, gangguan integritas kulit, risiko infeksi, dan defisit pengetahuan. **Intervensi:** meliputi manajemen nyeri, perawatan luka, pencegahan infeksi, serta edukasi perawatan luka perineum. **Implementasi:** dilakukan sesuai intervensi yang telah disusun. **Evaluasi:** menunjukkan nyeri berkurang, luka tampak lebih kering dan jahitan tetap utuh, tidak ditemukan tanda infeksi, serta pengetahuan pasien mengenai perawatan luka meningkat. **Kesimpulan:** asuhan keperawatan yang diberikan membantu meningkatkan kondisi pasien dan mendukung proses penyembuhan luka perineum. **Saran:** diharapkan tenaga kesehatan memberikan edukasi mengenai perawatan luka perineum secara berkelanjutan dan melibatkan keluarga dalam perawatan pasien.

Kata kunci: postpartum, asuhan keperawatan, luka perineum, nyeri akut, risiko infeksi.

ABSTRACT

Background: The postpartum period is a recovery period after childbirth that requires appropriate care, particularly for mothers with perineal wounds. Perineal wounds can cause pain, interfere with daily activities, and increase the risk of infection if not properly managed. **Problem statement:** This case study focuses on the implementation of nursing care for Mrs. N with a perineal wound in the Obstetric Ward of RSUD Tgk. Chik Ditiro Sigli. **Objective:** This study aimed to provide comprehensive nursing care through assessment, nursing diagnoses, interventions, implementation, and evaluation. **Method:** A case study method was used with a nursing process approach through interviews, observation, physical examination, and documentation. Nursing care was provided for three days, from May 12 to May 14, 2026. **Results:** The assessment showed that the patient complained of pain in the perineal suture area, particularly when sitting, walking, and urinating, with a pain score of 6. A second-degree perineal wound with mild edema was also found, and the patient had limited knowledge regarding proper wound care. **Nursing diagnoses:** acute pain, impaired skin integrity, risk for infection, and deficient knowledge. **Interventions:** included pain management, wound care, infection prevention, and education regarding perineal wound care. **Implementation:** Nursing interventions were carried out according to the planned interventions. **Evaluation:** The results showed that pain decreased, the wound appeared drier with intact sutures, no signs of infection were found, and the patient's knowledge of perineal wound care improved. **Conclusion:** The nursing care provided helped improve the patient's condition and supported the healing process of the perineal wound. **Recommendation:** Healthcare professionals are expected to provide continuous education regarding perineal wound care and involve the family in patient care.

Keywords: postpartum, nursing care, perineal wound, acute pain, risk of infection.