
Analysis of Nursing Practices with Spontaneous Post Partum at Hj Hospital. Mother Halimah, Batam City

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Abstract

Introduction: Post Partum or the postpartum period is the period that begins after the placenta comes out and ends when the uterine organs return to their original state (before pregnancy). The postpartum period lasts approximately 6 weeks. **Objective:** The author is able to provide and apply nursing care to spontaneous post partum patients in room Vk, Hj Hospital. Mother Halimah Batam. **Method:** The method used is a case study method with a Nursing Care approach involving 2 respondents. Data collection uses nursing care which includes assessment, nursing diagnosis, intervention, implementation and evaluation. The data collection instrument uses a Postpartum Nursing Care assessment format in accordance with applicable regulations. **Results and Discussion:** In client 1, the client had the same problem, namely acute pain, and ineffective peripheral tissue perfusion. Meanwhile, the different problem for client 1 is that breastfeeding is not effective and the problem for the patient is the risk of infection. **Conclusions and suggestions:** there is 1 problem that has been resolved well and 3 problems that have been partially resolved. So the suggestion for future researchers is to extend the treatment time so that the results obtained are more optimal.

Keywords: Nursing Care, Spontaneous Post Partum.

Analisis Praktek Keperawatan Dengan Post Partum Spontan Di Rumah Sakit Hj. Bunda Halimah Kota Batam

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Abstrak

Pendahuluan : *Post Partum* atau masa nifas adalah masa yang dimulai setelah plasenta keluar dan berakhir ketika alat-alat kandungan kembali seperti keadaan semula (sebelum hamil). Masa nifas berlangsung selama kira-kira 6 minggu. **Tujuan :** Penulis mampu memberikan dan menerapkan asuhan keperawatan pada pasien post partum spontan di ruang Vk Rumah Sakit Hj. Bunda Halimah Batam. **Metode :** Metode yang digunakan adalah metode studi kasus dengan pendekatan Asuhan Keperawatan dengan melibatkan 2 responden. Pengumpulan data menggunakan asuhan keperawatan yang meliputi Pengkajian, Diagnosa Keperawatan, Intervensi, Implementasi, dan Evaluasi. Instrument pengumpulan data menggunakan format pengkajian Asuhan Keperawatan Nifas sesuai ketentuan yang berlaku. **Hasil dan Pembahasan :** Pada klien 1 klien masalah yang sama yaitu nyeri akut, dan perfusi jaringan perifer tidak efektif. Sedangkan masalah yang berbeda pada klien 1 yaitu menyusui tidak efektif dan masalah pada pasien yaitu resiko infeksi. **Kesimpulan dan saran :** terdapat 1 masalah yang teratasi dengan baik dan 3 masalah yang teratasi sebagian. Maka saran bagi peneliti selanjutnya, agar dapat memperpanjang waktu perawatan agar hasil yang di dapatkan lebih optimal.

Kata kunci : Asuhan Keperawatan, *Post Partum* Spontan.

Introduction

Since 1990, the Ministry of Health has launched the safe motherhood initiative, a program that ensures all women receive the care they need so they are safe and healthy during pregnancy and childbirth. These efforts were continued with the Mother Love Movement program in 1996 by the President of the Republic Indonesia.

In 2012 the Ministry of Health launched the program

Expanding Maternal and Neonatal Survival (EMAS) in order to reduce maternal and neonatal mortality rates by 25%. Efforts to accelerate the reduction of MMR can be made by ensuring that every mother is able to access quality maternal health services, such as health services for pregnant women, birth assistance by trained health workers in health service facilities, post-natal care for mothers and babies, special care and referrals if this occurs. complications, ease of obtaining maternity and childbirth leave, and family planning services. Maternal Mortality Rate (MMR) is one of the most important indicators of the level of public health. AKI describes the number of women who die from a cause of death related to pregnancy disorders or treatment (excluding accidents or incidental cases) during pregnancy, childbirth and in the postpartum period (42 days after giving birth) without taking into account the length of pregnancy per 100,000 live births. The Maternal Mortality Rate (MMR) based on the Central Statistics Agency (BPS) in 2013 was

177. Maternal deaths in East Kalimantan have decreased from 113 deaths in 2013, down in 2014 to

104 deaths, and in 2015 to 100 cases. deaths, and fell further in the year 2016 saw 95 cases of maternal death. (East Kalimantan Health Service, 2016)

The National Postpartum Program policy is to visit the postpartum period at least 4 times, postpartum visits are carried out to assess the health status of the mother and newborn (Saleha, 2013). The postpartum period is a physiological process, so what efforts can be made to ensure that physiological conditions do not become pathological is to provide nursing care to postpartum mothers. (Nurniati et al, 2014).

Various obvious anatomical and physiological changes occur during the post-partum period as the processes that occur during pregnancy are restored. Knowledge of the reproductive process in pregnancy and childbirth is a basis for understanding the adaptation of the generative organs and various systems of the human body after birth. (Martin, Reeder, G., Koniak, 2014).

Postpartum or postpartum nursing care to help new mothers and their families successfully adapt to the transition period after the birth of a child and the demands of being a parent. The emphasis of nursing care during this period is on the assessment and modification of factors that influence the mother's recovery from the postpartum period to remember the components needed in post partum assessment, many nurses use the term BUBBLE-LE, which includes Breast (breast), Uterus (womb), Bowel (intestinal function), Bladder (bladder), Lochia (lochia), Episiotomy (episiotomy/perinium), Lower Extremity (lower extremities), and Emotion (emotions). The ability to carry out the role of caring for a

newborn baby, and the role transition and functional abilities of the mother and her family.

Based on the description above, the author decided to write a scientific paper with the title "Nursing care for spontaneous post partum patients in Room Vk, Hj Hospital. Mother Halimah Batam City"

CASE REPORT

Assessment

Mrs. W entered the emergency room on February 2 2022 with complaints of vaginal discharge since this morning, Mrs W is 24 years old and is married to a Muslim, in her previous history Mrs W said this was her third pregnancy. The patient stated that she had experienced an abortion once and a history of normal birth once. The patient said she experienced nausea and dizziness until 20 weeks of gestation. During pregnancy, patients routinely have their pregnancy checked by a midwife and obstetrician. Birth history: her first child was born spontaneously and healthy, weighing 3500 grams, the baby immediately cried. The patient said that during pregnancy she took medication given by the midwife and obstetrician when checking her pregnancy, the patient said she had no history of using contraception, Mrs W said her activities were limited because she felt pain in the vagina and was afraid that the stitches would tear and every activity Mrs W was assisted by mother and sister.

Nursing diagnoses

My pain is related to stitching trauma

Risk of infection related to suture trauma

Lack of knowledge b.d lack of information about post partum care

Nursing Intervention

Based on the problems found by the author, the plan made by the nurse is to use intervention in the NIC NOC, for the first diagnosis of acute pain related to suture trauma is, Assess pain comprehensively including P Q R S T Observe verbal and non-verbal reactions Monitor vital signs Reduce pain precipitating factors Teach deep breathing relaxation techniques.

For the second diagnosis, the risk of infection related to suture trauma is, Assess the condition of the skin, color and texture. Clean the environment after being used by other patients. Instruct visitors to wash their hands when visiting and after leaving the patient. Use anti-microbial soap to wash hands.

For the third diagnosis, lack of knowledge is related to a lack of information on post-partum care, namely asking again about the client's knowledge about diseases, care procedures and medication.

Nursing Implementation

Implementation will be carried out from May 16 2022 to May 18 2022: for the first diagnosis Carrying out pain scale assessments Helping patients and families to seek and find support Controlling the environment that can influence pain such as room temperature, lighting and noise Increasing rest Collaborating with doctors if any pain complaints and measures were unsuccessful

For secondary diagnosis Monitoring body temperature Cleaning the environment after use by another patient or after the family has visited Limiting visitors if necessary Instructing visitors to wash their hands when visiting and after leaving the patient Increasing nutritional intake

Monitoring signs and symptoms of systemic and local infections
Carrying out perineal care to reduce the risk infection
Encourage patients to change sanitary napkins frequently to avoid infections in the perineum
Collaborate with doctors in providing therapy.

For the third diagnosis Provide an assessment of the patient's level of knowledge about the specific disease process
Provide information to the patient regarding post partum care methods
Support the patient to explore or obtain a second opinion in the appropriate or indicated way.

Nursing Evaluation

Ineffective individual coping related to lack of confidence in one's own ability to overcome problems, the author carried out an evaluation of acute pain related to gal suture trauma 18 May 2022
S: the patient said he was resigned to his current life. O: patient appears relaxed and calm
A: Problem resolved P: maintain intervention.

Risk of infection related to suture trauma
S: Mrs. W said pain in the stitching wound and when moving
P: pain felt when moving
Q: pain like being cut
R: in the perineum
S: pain scale 3
T: pain comes and goes
Mrs. W said he was still afraid to clean the area of his intimate organs.
O: Signs of REEDA (-)
The condition of the wound was wet. The stitches were visible. The stitches were firmly attached to the perineum. There was lochea rubra.
TTVTD: 121/79 mmHg
N: 80 x/minute
S: 36.4°C
RR: 20 x /minute
Pain scale: 3
TFU 1 finger below the center
A: Problem not resolved
P: Continue Infection Control Intervention (Infection Control)

Knowledge Deficit related to Lack of Information about the disease, evaluation date 16 May 2022
S: the patient said he did not know if his eyes had cataracts,
O: the patient seemed to let the disease go
A: The problem had not been resolved
P: The intervention was continued.
Evaluation on May 17 2022
S: the patient said he understood what the nurse explained,
O: the patient seemed to understand more about cataracts,
A: The problem was partially resolved,
P: the intervention was continued.
Evaluation on May 18 2022
S: the patient said he understood how to clean his eyes
O: the patient seemed to have cleaned his eyes independently,
A: The problem was partially resolved,
P: Maintain the intervention

Impaired physical mobility related to decreased strength and endurance, evaluation on May 16 2022,
S: the patient said it was difficult to walk because he was no longer strong enough to walk and activities were always assisted,
O: the patient seemed to always use a wheelchair,
A: The problem had not been resolved,
P: Intervention next.
Evaluation on May 17 2022,
S: the patient said that the activities were no longer assisted by employees,
O: the patient appeared to be carrying out activities independently, even though he was still using a wheelchair,
A: The problem was partially resolved,
Q: Intervention continues.
Evaluation on May 18 2022,
S: the patient said he had difficulty using crutches, and would practice using crutches again,
O: the patient seemed to have difficulty using crutches,
A: Problem not resolved
P: Keep it up Intervention.

DISCUSSION

Practice Land Profile

This research was carried out by HJ

Bunda Halimah Hospital, a private hospital in the city of Batam. This hospital is relatively new because it was founded in 2018. The inauguration itself was only held in March 2020. This hospital is located right in front of the Batam University campus and is a teaching hospital for the University. Bunda Halimah Hospital was founded by Mr. Rusli Bintang in Batam city in 2018. He is the chairman of the Griya Husada Foundation which also oversees Batam University. This health service was named Bunda Halimah in memory of the mother of the founder, Hj. Halimah. Hj. Halimah is a maternal figure who is well known by her entire family and community as a mother who always shows love and attention to everyone without limits. Mother Halimah's dynamic life became an inspiration for the founders of Bunda Halimah Hospital to build a health service facility that not only serves domestic and international patients. This hospital also applies maternal love in the quality of service and optimal level of comfort provided to every visitor and patient. Bunda Halimah Hospital is strategically located in the center of Batam city, just by

15 minutes drive from Hang Nadim International Airport and Batam Center International Ferries Terminal.

Bunda Halimah Hospital is part of a group of leading companies established under the Griya Husaada Batam Foundation, with a commitment to improving the health of the surrounding community. This hospital was also established as an educational support facility for the Batam University medical training school,

thereby providing optimal health services for the people of Batam. Bunda Halimah's location is on Jalan Uniba No.A09 Uniba Area, Belian Village.

Analysis of one intervention with related concepts and journals

The intervention that is more applied in cases using intervention in NIC NOC, for the first diagnosis of acute pain related to suture trauma is, Comprehensive pain assessment including P Q R S T Observation of verbal and non-verbal reactions Monitor vital signs Reduce pain precipitating factors Teach deep breathing relaxation techniques. According to SDKI (2017) Acute pain is a sensory or emotional experience related to actual or functional tissue damage, with sudden or slow onset and mild to severe intensity that lasts less than 3 months. According to theory, signs and symptoms of pain consist of subjective data, namely complaining of pain and objective data, namely appearing to grimace, being protective, restless, increased pulse rate, and difficulty sleeping. (SDKI, 2017)

Alternative Problem Solving

The challenges that the writer faced in the case of Mrs. w namely the lack of facilities from health service installations is expected to be able to improve the performance of nurses and other medical personnel so that they can improve nursing care for spontaneous post partum patients and provide health education to improve the health status of mothers.

CONCLUSION

Based on the results of a case study of nursing care for spontaneous post partum patients in Room Vk, Hj Hospital. Mother Halimah Batam. The

author can draw the following conclusions:

The results of the study are:

The assessment of patients with spontaneous postpartum that was obtained in both patients showed that there were similarities. The complaints felt by patient 1 were also felt by the patient namely acute pain due to episiotomy wound agents

Nursing diagnoses

The nursing diagnosis is the same for both clients, namely, acute pain related to spontaneous post partum episiotomy wounds and the risk of ineffective peripheral perfusion and there is one difference in the client's diagnosis, namely the client's risk of infection related to trauma.

Nursing Intervention

The nursing planning carried out by the author for spontaneous post partum patients includes conducting assessments, independent actions, health education and collaboration for other actions and the author did not find any significant problems in determining nursing planning.

Nursing Implementation

Nursing implementation is adjusted to the action plan that the author has prepared. In the implementation process, it was carried out in accordance with the plans made, and the author did not find any.

Nursing Evaluation

the difference between the intervention made and the implementation carried out.

The results of the evaluation carried out by the author in both cases were carried out during 3 days of treatment by the author. The results of the evaluation showed that the

problem of ineffective breastfeeding was resolved well and the problem of acute pain, the risk of infection and the risk of ineffective peripheral perfusion was partially resolved.

SUGGESTION

For Educational Institutions

It is hoped that educational institutions will be able to add sources of books or references to reading books in the library related to material on nurses' final scientific papers, so that they can support and assist nursing care in compiling nurses' final scientific papers, and this KIAN can become one of the KIAN source materials regarding Analysis Nursing Practice with Spontaneous Post Partum at Hj.Bunda Hospital Halimah, Batam City

Share Practice Places

The health service installation is expected to be able to improve the performance of nurses and other medical personnel so that they can improve nursing care for spontaneous post-partum patients and provide health education to improve the health status of mothers.

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