ABSTRAK

TINGKAT NYERI PASIEN POST *SECTIO CAESSAREA* (SC) DENGAN METODE *ENHANCED RECOVERY AFTER CAESAREAN SECTION* (ERACS) DI RUANG SHOFA RSI KALIANGET

Oleh: Fitriyawati

Tindakan *Sectio caesarea* (SC) memutuskan kontinuitas jaringan karena insisi yang akan mengeluarkan reseptor nyeri sehingga pasien akan merasakan nyeri terutama setelah hilang efek anastesi. ERACS (*Enhanced Recovery After Caesarian Surgery*) adalah program cepat pemulihan setelah SC yang berupa serangkaian perawatan mulai dari persiapan preoperatif, intraoperatif, dan perawatan post operatif yang dapat mengatasi masalah nyeri. Tujuan untuk mengetahui tingkat nyeri pasien post SC dengan Metode ERACS di Ruang Shofa RSI Kalianget.

Metode penelitian deskriptif kuantitatif, populasi 73 pasien SC dengan metode ERACS, sampel 32 orang, teknik sampling *accidental sampling,* variable penelitian nyeri post SC, tempat penelitian RSIG Kalianget, instrument penelitian lembar observasi nyeri *Verbal Descriptor Scale* (VDS).

Hasil penelitian menunjukkan bahwa sebagian besar skala nyeri pada pasien post SC menggunakan metode ERACS di RSIG Kalianget adalah ringan (1-3), yaitu sebanyak 22 responden (68,8%).

Perawat membantu pasien SC dengan metode ERACS mengatasi masalah nyeri dalam bentuk asuhan keperawatan saat persiapan preoperatif, perawatan intraoperatif, dan perawatan post operatif.

Kata kunci: *sectio caessarea (SC), nyeri passion post SC, Enhanced Recovery After Caesarean Section* (ERACS)

ABSTRACT

POST SECTIO CAESSAREA (SC) PATIENT LEVEL WITH ENHANCED RECOVERY AFTER CAESAREAN SECTION METHOD (ERACS) IN SHOFA ROOM RSI KALIANGET

By: Fitriyawati

Sectio caesarea (SC) action decides tissue continuity because the incision will release pain receptors so that the patient will feel pain, especially after the anesthetic effect is gone. ERACS (Enhanced Recovery After Caesarian Surgery) is a fast recovery program after SC in the form of a series of treatments starting from preoperative preparation, intraoperative and postoperative care that can overcome pain problems. The aim is to determine the pain level of post SC patients with the ERACS Method in the Shofa Room at RSI Kalianget.

Quantitative descriptive research method, population of 73 SC patients using the ERACS method, sample of 32 people, accidental sampling technique, post SC pain research variable, Kalianget RSIG research site, Verbal Descriptor Scale (VDS) pain observation sheet research instrument.

The results showed that most of the pain scales in post SC patients using the ERACS method at Kalianget Hospital were mild (1-3), namely 22 respondents (68.8%).

Nurses help SC patients with the ERACS method to overcome pain problems in the form of nursing care during preoperative preparation, intraoperative care, and postoperative care.

Keywords: *sectio caesarea (SC), passion pain post SC, Enhanced Recovery After Caesarean Section (ERACS)*