

## ASUHAN KEPERAWATAN PADA NY. S DENGAN KEHAMILAN TRIMESTER III DI WILAYAH KERJA PUSKESMAS GAMPING II

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### ABSTRAK

**Latar Belakang:** Sekitar 25-50% kematian ibu salah satunya disebabkan masalah yang berkaitan dengan kehamilan. Kehamilan trimester III menyebabkan ketidaknyamanan fisiologis dan ketidaknyamanan psikologis pada ibu hamil trimester III. Oleh karena itu, dibutuhkan peran perawat dalam memberikan asuhan keperawatan pada ibu hamil trimester III dalam memberikan penanganan yang tepat.

**Tujuan:** Menggambarkan asuhan keperawatan pada ibu hamil trimester III di Wilayah Kerja Puskesmas Gamping II Sleman.

**Metode:** Penelitian deskriptif dengan desain studi kasus. Penelitian ini memberikan gambaran pelaksanaan asuhan keperawatan pada 1 ibu hamil primigravida trimester III yang dilaksanakan di Wilayah Kerja Puskesmas Gamping II Sleman selama 4 hari. Pengkajian keperawatan, menetapkan diagnosa keperawatan, dan merumuskan intervensi keperawatan dilaksanakan pada tanggal 18 Februari 2021. Implementasi keperawatan dan evaluasi keperawatan dilaksanakan pada tanggal 19 Februari 2021 sampai dengan 21 Februari 2021.

**Hasil:** Pengkajian keperawatan didapatkan data bahwa klien mengalami nyeri punggung, belum mengetahui cara mengatasi edema pada kehamilan, sering terbangun di malam hari, dan cemas. Setelah dilakukan analisa data didapatkan 4 diagnosa keperawatan yaitu gangguan rasa nyaman, defisit pengetahuan tentang kehamilan (edema pada kehamilan), gangguan pola tidur, dan ansietas. Intervensi keperawatan yang dirumuskan yaitu manajemen nyeri, edukasi edema, dukungan tidur, dan reduksi ansietas. Implementasi keperawatan dilakukan sesuai dengan intervensi keperawatan yang sudah dirumuskan. Hasil evaluasi keperawatan pada keempat diagnosa keperawatan didapatkan tujuan tercapai seluruhnya pada hari ketiga.

**Kesimpulan:** Asuhan keperawatan dilakukan selama 3 kali kunjungan rumah, evaluasi keperawatan yang didapatkan yaitu tujuan tercapai seluruhnya dan telah sesuai dengan kriteria hasil yang ditetapkan pada tujuan keperawatan.

**Kata Kunci:** Asuhan keperawatan, ibu hamil, trimester III.

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**NURSING CARE IN NY. S WITH TRIMESTER III PREGNANCY  
IN THE WORKING AREA OF PUSKESMAS GAMPING II**

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**ABSTRACT**

**Background:** *Approximately 25-50% of maternal deaths are caused by problems related to pregnancy. The third trimester of pregnancy causes physiological discomfort and psychological discomfort in the third trimester of pregnant women. Therefore, the role of nurses is needed in providing nursing care to third trimester pregnant women in providing appropriate treatment.*

**Objective:** *Describe nursing care for pregnant women in the third trimester in the Work Area of Puskesmas Gamping II Sleman.*

**Methods:** *Descriptive research with a case study design. This study provides an overview of the implementation of nursing care in 1 trimester III primigravida pregnant mother which was carried out in the Work Area of the Gamping II Public Health Center, Sleman for 4 days. Nursing assessments, determining nursing diagnoses, and formulating nursing interventions were carried out on February 18, 2021. Nursing implementation and nursing evaluations were carried out on February 19, 2021 to February 21, 2021.*

**Results:** *Nursing assessments obtained data that the client had back pain, did not know how to treat edema in pregnancy, frequent waking at night, and anxiety. After analyzing the data, there were 4 nursing diagnoses, namely discomfort, knowledge deficit about pregnancy (edema in pregnancy), disturbed sleep patterns, and anxiety. The nursing interventions that were formulated were pain management, edema education, sleep support, and anxiety reduction. Nursing implementation is carried out in accordance with the nursing interventions that have been formulated. The results of the nursing evaluation on the four nursing diagnoses showed that the goal was fully achieved on the third day.*

**Conclusion:** *Nursing care was carried out for 3 home visits, the nursing evaluation obtained was that the objectives were fully achieved and were in accordance with the outcome criteria set on nursing goals.*

**Keywords:** *Nursing care, pregnant women, third trimester.*

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