

PENERAPAN RENDAM KAKI AIR HANGAT CAMPURAN KENCUR PADA IBU HAMIL TRIMESTER III DENGAN MASALAH KEPERAWATAN GANGGUAN RASA NYAMAN DI WILAYAH KERJA PUSKESMAS PENGASIH 1

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ABSTRAK

Latar Belakang : Salah satu ketidaknyamanan yang umum dialami ibu hamil selama trimester ketiga adalah pembengkakan kaki. Sekitar 80% ibu hamil trimester III mengalami bengkak kaki. Oleh karena itu diperlukan terapi non- farmakologis sebagai terapi alternatif pada pasien, salah satunya yaitu merendam kaki dengan air hangat menggunakan campuran kencur. Rendam kaki air hangat campuran kencur dapat dilakukan untuk meningkatkan sirkulasi darah dengan melebarkan pembuluh darah sehingga dapat mengurangi bengkak kaki.

Tujuan : Mengetahui keefektifan gangguan rasa nyaman akibat bengkak kaki pada ibu hamil trimester III setelah dilakukan rendam kaki air hangat campuran kencur

Metode : Penelitian ini menggunakan desain penelitian studi kasus dengan subyek 2 ibu hamil trimester III yang mengalami bengkak kaki dengan masalah keperawatan gangguan rasa nyaman.

Hasil : Rendam kaki air hangat campuran kencur yang dilakukan pada Ny. T dan Ny. A selama 3x8 jam mengalami perubahan. Sebelum diberikan intervensi, Ny. T dan Ny. A mengalami bengkak kaki dan merasa kurang nyaman saat beraktivitas. Setelah dilakukan intervensi, Ny. T dan Ny. A mengalami penurunan bengkak kaki dan merasa lebih nyaman saat beraktivitas. Sebelum dilakukan intervensi, didapatkan Ny. T mengalami edema kaki dengan derajat edema 2, sedangkan Ny. A mengalami edema kaki dengan derajat edema 4. Setelah dilakukan intervensi selama 3x8 jam, didapatkan derajat edema Ny. T turun menjadi derajat 1, sedangkan derajat edema Ny. A turun menjadi derajat 2.

Kesimpulan : Implementasi rendam kaki air hangat campuran kencur dapat mengatasi masalah gangguan rasa nyaman akibat bengkak kaki pada ibu hamil trimester III yang mengalami bengkak kaki dan dapat dijadikan alternatif tindakan keperawatan non-farmakologis dalam menangani masalah gangguan rasa nyaman akibat bengkak kaki pada pasien.

Kata Kunci : Gangguan rasa nyaman, ibu hamil trimester III, rendam kaki air hangat campuran kencur.

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APPLICATION OF SOAKING FEET IN WARM WATER MIXTURE KENCUR FOR THIRD TRIMESTER PREGNANT WOMEN WITH NURSING PROBLEM OF DISCOMFORT IN THE WORKING AREA OF PENGASIH 1 PUBLIC HEALTH CENTER

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ABSTRACT

Background : *One of the common discomforts experienced by pregnant women during the third trimester is leg swelling. About 80% of pregnant women in the third trimester experience leg swelling. Therefore, non-pharmacological therapy is needed as an alternative therapy for patients, one of which is soaking the feet with warm water using a mixture of kencur. Soaking the feet in warm water with kencur mixture can be done to improve blood circulation by widening the blood vessels so that it can reduce leg swelling.*

Objective : *To determine the effectiveness of discomfort disorders due to leg swelling in pregnant women in the third trimester after soaking their feet in warm water with kencur mixture.*

Methods : *This study used a case study research design with 2 subjects of 2 pregnant women in the third trimester who experienced leg swelling with nursing problems with discomfort disorders.*

Results : *Soaking feet in warm water mixed with kencur mixed on Mrs. T and Mrs. A for 3x8 hours experienced changes. Before being given intervention, Mrs. T and Mrs. A experienced swelling of their legs and felt uncomfortable during activities. After the intervention, Mrs. T and Mrs. A experienced a decrease in leg swelling and felt more comfortable during activities. Before the intervention, it was found that Mrs. T had leg edema with degree 2 edema, while Mrs. A had leg edema with degree 4 edema. After the intervention for 3x8 hours, it was found that Mrs. T's degree of edema dropped to degree 1, while the degree of edema of Mrs. A drops to 2 degrees.*

Conclusion : *The implementation of soaking feet in warm water mixed with kencur can overcome the problem of discomfort due to leg swelling in pregnant women in the third trimester who experience leg swelling and can be used as an alternative non-pharmacological nursing action in dealing with the problem of discomfort due to leg swelling in patients.*

Keyword : *Discomfort, pregnant women in the third trimester, soak feet in warm water mixed with kencur.*

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