

PEMBERIAN INHALASI AROMATERAPI LAVENDER UNTUK MENURUNKAN INTENSITAS NYERI PADA PASIEN *POST SECTIO CAESAREA* DI RUANG TERATAI 2 BLUD RSU KOTA BANJAR

Herni Oktriani^{1,2}, Elis Roslianti¹, Ade Fitriani¹

¹STIKes Muhammadiyah Ciamis

²Koresponding Author: hernioktriani11@gmail.com

INTISARI

Sectio caesarea atau kelahiran sesarea adalah melahirkan janin melalui irisan pada dinding perut dan dinding uterus. Salah satu komplikasi yang dialami ibu pasca tindakan *Sectio caesarea* yaitu timbulnya rasa nyeri.

Studi ini dilakukan untuk mempresentasikan intervensi inhalasi aromaterapi lavender untuk menurunkan intensitas nyeri pada pasien *post sectio caesarea*.

Penelitian ini menggunakan metode asuhan keperawatan, mencakup pengkajian, perumusan diagnosa keperawatan, intervensi, implementasi serta evaluasi yang dilakukan selama 3 hari di Ruang Teratai 2 BLUD RSU Kota Banjar. Penegakan diagnosa keperawatan keperawatan mengacu pada Standar Diagnosis Keperawatan Indonesia (SDKI), Standar Intervensi Keperawatan Indonesia (SIKI), Standar Luaran Keperawatan Indonesia (SLKI) dan evaluasi keperawatan didokumentasikan dengan metode SOAPIER.

Diagnosa Keperawatan nyeri akut berhubungan dengan agen pencedera fisik dengan nomor diagnosa D.0077, diberikan intervensi inhalasi aromaterapi lavender selama 3 hari dengan durasi 30 menit dalam sehari. Setelah dilakukan intervensi, masalah keperawatan nyeri akut teratasi ditandai dengan penurunan intensitas nyeri yang semula skala nyeri 8 menjadi skala nyeri 3 (0-10), meringis berkurang serta kualitas tidur membaik.

Pemberian intervensi inhalasi aromaterapi lavender terbukti bermanfaat untuk menurunkan intensitas nyeri pada pasien *post sectio caesarea*, manfaat akan semakin maksimal apabila dilakukan secara berkala dan bertahap.

Kata kunci: aromaterapi lavender, intensitas nyeri, *sectio caesarea*.

**IMPLEMENTATION OF INHALATION LAVENDER AROMATHERAPY
TO REDUCE PAIN INTENSITY IN POST SECTIO CAESAREA
PATIENTS AT TERATAI 2 ROOM BLUD
RSU BANJAR CITY**

Herni Oktriani^{1,2}, Elis Roslianti¹, Ade Fitriani¹

¹STIKes Muhammadiyah Ciamis

²Correspondence Author: hernioktriani11@gmail.com

ABSTRACT

Sectio caesarea or cesarea birth is giving birth to a fetus through an incision in the abdominal wall and uterine wall. One of the complications experienced by mother after after Sectio caesarea is pain.

This study was conducted to present lavender aromatherapy inhalation interventions to reduce pain intensity in post- Sectio caesarea patients.

This study used the nursing care method, including assesment, formulation of nursing diagnoses, interventions, implementation and evaluation which were carried out for three day in Teratai 2 room BLUD RSU Banjar City. Enforcement of nursing diagnoses refers to Indonesian Nursing Diagnosis Standard (SDKI), Indonesian Nursing Intervention Standard (SIKI), Indonesian Nursing Outcome Standard (SLKI) and nursing evaluations documented using the SOAPIER method.

Nursing diagnosis of acute pain related to physical injury agent with diagnois number D.0077 given lavender aromatherapy inhalation intervention for threee days with a duration 30 minute a day. After the intervention, the acute pain nursing plobem was resolved marked by a decrease in pain intensity which was originally a pain scale of 8 to 3 (0-10) with reduce grimacing and improved quality of sleep.

Intervention of lavender aromatherapy inhalation has proven to be usefull for reducing pain intensity in post Sectio caesarea patients, the benefits will be maximized if it is done regulrly and gradually.

Keyword: *lavender aromatherapy, pain intensity, sectio caesarea*