

ABSTRACT

Nursing Care for Postpartum Mothers with Postpartum Discomfort Due to Perineal Tear Through Cold Compress Therapy in the Dewi Kunti Room of Ngudi Waluyo Hospital Wlingi Blitar. Olyvia Nur Azizah (2025), KIAN., Nursing Profession Education, Health Polytechnic of the Ministry of Health Malang, Supervisor Dr. Lumastari Ajeng W., S.Kep., Ns., M.Kep., Sp.Mat.

Postpartum is the period that begins a few hours after the placenta is delivered and lasts up to six weeks after childbirth, during which various physical and psychological changes occur. One of the common postpartum discomforts experienced by mothers is pain from perineal tear wounds. This pain can interfere with daily activities and the mother's recovery process. Cold compress therapy is one non-pharmacological intervention that is effective in reducing pain in the wound area. The aim of this study is to determine the outcomes of nursing implementation on postpartum mothers with postpartum discomfort due to perineal tear wounds through the provision of cold compress therapy. The method used in this study is a case study approach. The techniques used are interviews and observations. The results of the study after the cold compress intervention was performed during three visits showed a decrease in pain intensity in the perineal area, an increase in comfort, and patients were able to perform daily activities more easily. Based on the study findings, the application of cold compress therapy can be considered a safe and easy-to-implement non-pharmacological alternative in postpartum nursing practice.

Keywords: Post Partum, Postpartum Discomfort, Cold Compress