

APPLICATION OF A COMBINATION OF FOOT MASSAGE AND LEMON AROMATHERAPY IN POST SECTIO CAESAREA DAY 0 PATIENTS WITH ACUTE PAIN NURSING PROBLEMS IN THE DEWI KUNTI ROOM RSUD NGUDI WALUYO BLITAR

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ABSTRACT

Sectio caesarea delivery is a delivery process performed by making an incision in the abdominal wall and uterus to remove the fetus from the mother's womb. Patients who choose to give birth by sectio caesarea surgical method will usually feel discomfort. One of the discomforts is the pain that comes from the discontinuity of tissue from the abdominal incision. Patients need treatment to reduce pain and improve the quality of postpartum mothers, one of which is by providing non-pharmacological therapy. The therapy provided is a combination of foot massage and lemon aromatherapy. This study was conducted to obtain a direct description, experience and analyze the application of a combination of foot massage and lemon aromatherapy to acute pain in post sectio caesarea mothers. The research method used was descriptive qualitative using a nursing process approach, with one respondee post sectio caesarea in the Dewi Kunti room at Ngudi Waluyo Hospital, Blitar City. Data collection through interviews, observation and documentation studies. The results of the study obtained post sectio caesarea patients with acute pain problems so that a combination therapy of foot massage and lemon aromatherapy was given. From the results of the evaluation for 3 days of intervention given, it was found that the pain level decreased with complaints of pain decreasing from a pain scale of 5 to 3 then to 1, grimacing decreased, separation decreased, and protective attitudes avoiding pain decreased. With the intervention of a combination of foot massage and lemon aromatherapy can reduce pain levels. It is hoped that this research can be used as a reference and intervention to reduce acute pain felt by post sectio caesarea patients.

Keywords: Foot Massage, Lemon Aromatherapy, Acute Pain, Sectio Caesarea