

**PROGRAM STUDI NERS FAKULTAS KEPERAWATAN
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**Asuhan Keperawatan Pada Ibu Hamil Trimester III Dengan Penerapan
Effleurage Massage Untuk Mengatasi Gangguan Rasa Nyaman Di Wilayah
Kerja Puskesmas Melur Pekanbaru**

vi + 33 Halaman + 10 Tabel + 7 Lampiran

ABSTRAK

Nyeri punggung selama kehamilan merupakan salah satu penyebab gangguan adaptasi kehamilan. Gangguan ini dikarenakan janin dalam kandungan semakin membesar bahkan adanya lordosis yang berlebihan pada lumbal. Dampak apabila nyeri punggung tidak teratasi dapat mempengaruhi aktifitas fisik sehari-hari pada ibu hamil trimester III. Akibatnya timbul masalah keperawatan gangguan rasa nyaman pada ibu hamil trimester III. *Effleurage massage* adalah intervensi non farmakologi yang dapat meningkatkan rasa nyaman pada ibu hamil trimester III. Tujuan KIAN ini adalah melakukan asuhan keperawatan pada ibu hamil trimester III dengan menerapkan *effleurage massage* untuk mengatasi gangguan rasa nyaman di Wilayah Kerja Puskesmas Melur Pekanbaru. Metode yang digunakan dalam laporan KIAN adalah berupa studi kasus penerapan *Evidence Based Practice Nursing* (EBN). Asuhan keperawatan ini dilakukan pada 3 orang ibu hamil trimester III. Intervensi yang dilakukan berupa *effleurage massage* yang dilakukan selama 5 hari dengan tanggal yang sama yaitu 04-08 Desember 2024. Instrumen yang digunakan yaitu NRS (*Numeric Rate Scale*). Hasil evaluasi dari intervensi yang dilakukan pada klien I, II, dan III selama 5 hari berturut-turut dengan durasi 15 menit di pagi hari dengan rata-rata skala nyeri sebelum dilakukan tindakan penerapan *effleurage massage* yaitu 6 dan rata-rata skala nyeri sesudah dilakukan tindakan penerapan *effleurage massage* yaitu 4. Terapi *effleurage massage* ini dapat dijadikan alternatif terapi non farmakologi pada ibu hamil trimester III untuk mengatasi gangguan rasa nyaman.

Kata Kunci : *Effleurage Massage*, Gangguan Rasa Nyaman, Ibu Hamil, Trimester III
Daftar Pustaka : 22 referensi (2017-2024)

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Nursing Care for Pregnant Women in the Third Trimester with the Application of Effleurage Massage to Overcome Discomfort in the Working Area of the Melur Pekanbaru Health Center

vi + 33 Pages + 10 Tables + 7 Appendices

ABSTRACT

Back pain during pregnancy is one of the causes of pregnancy adaptation disorders. This disorder is due to the growing fetus in the womb and even the presence of excessive lordosis in the lumbar. The impact if back pain is not resolved can affect daily physical activity in pregnant women in the third trimester. As a result, there are nursing problems with discomfort disorders in pregnant women in the third trimester. Effleurage massage is a non-pharmacological intervention that can increase the sense of comfort in pregnant women in the third trimester. The purpose of this KIAN is to provide nursing care for pregnant women in the third trimester by applying effleurage massage to overcome discomfort disturbances in the Work Area of the Melur Pekanbaru Health Center. The method used in the KIAN report is in the form of a case study on the application of Evidence Based Practice Nursing (EBN). This nursing care was carried out on 3 pregnant women in the third trimester. The intervention carried out was in the form of effleurage massage which was carried out for 5 days with the same date, namely 04-08 December 2024. The instrument used is NRS (Numeric Rate Scale). The results of the evaluation of the intervention carried out on clients I, II, and III for 5 consecutive days with a duration of 15 minutes in the morning with an average pain scale before the application of effleurage massage was 6 and the average pain scale after the application of effleurage massage was 4. This effleurage massage therapy can be used as an alternative to non-pharmacological therapy in pregnant women in the third trimester to overcome discomfort disorders.

Keywords : *Effleurage Massage, Discomfort, Pregnant Women, Trimester III*

Bibliography : 22 references (2017-2024)