

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM STUDI PROFESI NERS

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Pengkajian pada Ibu Postpartum Dengan Riwayat Pre-Eklamsi di Ruang Mawar
RSUD dr. H. Koesnadi Bondowoso

Halaman xii + Hal 63 + Tabel 7 + Lampiran 2

Abstrak

Pendahuluan: Pre-eklamsia pasca persalinan merupakan komplikasi serius yang masih tinggi di Kabupaten Bondowoso dan dapat menimbulkan risiko fatal bagi ibu. RSUD dr. H. Koesnadi mencatat tingginya kasus pre-eklamsia dan masih rendahnya mutu pengkajian nifas. Oleh karena itu, diperlukan pengkajian terstruktur pada ibu postpartum dengan riwayat pre-eklamsia untuk mencegah komplikasi lebih lanjut. **Desain:** Penelitian ini merupakan studi kasus deskriptif kualitatif pada tiga ibu postpartum dengan pre-eklamsia di RSUD dr. H. Koesnadi Bondowoso. Data dikumpulkan melalui observasi, wawancara, dan telaah dokumen, lalu dianalisis secara deskriptif untuk menggambarkan pengkajian keperawatan secara komprehensif. **Hasil:** Pengkajian pada tiga ibu postpartum dengan pre-eklamsia menunjukkan kondisi klinis umumnya stabil dengan tekanan darah tinggi $\geq 139/85$ mmHg dan tanda inflamasi ringan berupa leukositosis. Pemeriksaan fisik, obstetri, dan laboratorium menunjukkan hasil dalam batas normal tanpa komplikasi berat. Dukungan keluarga, literasi kesehatan, dan mekanisme koping pasien tergolong baik, menegaskan pentingnya pemantauan ketat dan pendekatan keperawatan holistik untuk mencegah komplikasi lanjutan. **Kesimpulan:** Tiga pasien pre-eklamsia pasca persalinan menunjukkan kondisi klinis stabil dengan tekanan darah $\geq 139/85$ mmHg tanpa komplikasi organ, namun terdapat leukositosis pasca operasi. Pasien patuh terhadap perawatan, didukung gizi baik, hubungan keluarga harmonis, dan koping adaptif. Hasil obstetri dan neonatal baik, meski penggunaan kontrasepsi belum konsisten. Temuan ini menekankan pentingnya skrining dini dan pemantauan keperawatan yang menyeluruh.

Kata Kunci: Postpartum, pre-eklamsia, *Postnatal Care*, ibu nifas

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ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER PROFESSIONAL NURSING STUDY PROGRAM

Scientific Paper, July 2025

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*Assessment of Postpartum Mothers with a History of Pre-Eclampsia in the Mawar
Room of dr. H. Koesnadi Bondowoso Regional Hospital*

Pages xii + 63 page + 7 tables + 2 attachment

Abstract

Introduction: Postpartum preeclampsia is a serious complication that remains high in Bondowoso Regency and can pose a fatal risk to the mother. Dr. H. Koesnadi Regional General Hospital (RSUD) recorded a high number of preeclampsia cases and low quality postpartum assessments. Therefore, a structured assessment of postpartum mothers with a history of preeclampsia is necessary to prevent further complications. **Design:** This research is a qualitative descriptive case study of three postpartum mothers with preeclampsia at Dr. H. Koesnadi Bondowoso Regional Hospital. Data were collected through observation, interviews, and document review, then analyzed descriptively to describe a comprehensive nursing assessment. **Results:** Assessment of three postpartum mothers with preeclampsia showed a generally stable clinical condition with high blood pressure $\geq 139/85$ mmHg and mild signs of inflammation in the form of leukocytosis. Physical, obstetric, and laboratory examinations were within normal limits without serious complications. Family support, health literacy, and patient coping mechanisms were generally good, emphasizing the importance of close monitoring and a holistic nursing approach to prevent further complications. **Conclusion:** Three patients with postpartum preeclampsia showed stable clinical conditions with blood pressure $\geq 139/85$ mmHg without organ complications, but postoperative leukocytosis was present. The patients were compliant with treatment, supported by good nutrition, harmonious family relationships, and adaptive coping. Obstetric and neonatal outcomes were good, although contraceptive use was inconsistent. These findings emphasize the importance of early screening and comprehensive nursing monitoring.

Keywords: Postpartum, pre-eclampsia, Postnatal Care, postpartum mothers

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