

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Implementasi Bladder Training Pada Masalah Keperawatan Retensi Urin Ibu Postpartum Kala II Memanjang Di Ruang Mawar Rsud Dr. H. Koesnadi Bondowoso

Xvi + 58 Hal + 6 Tabel + 1 Gambar + 6 Lampiran

Pendahuluan: Retensi urin merupakan komplikasi postpartum yang signifikan, khususnya pada kasus *kala II memanjang*, yang jika tidak segera ditangani dapat memicu perdarahan akibat kegagalan involusi uterus, sehingga diperlukan intervensi *bladder training* untuk menstimulasi otot detrusor kandung kemih.

Metode: Studi kasus deskriptif ini menggunakan pendekatan asuhan keperawatan pada tiga ibu postpartum dengan diagnosa medis *kala II memanjang* di Ruang Mawar RSUD dr. H. Koesnadi Bondowoso dengan instrumen berupa format pengkajian maternitas dan SOP *bladder training*. **Hasil:** Hasil pengkajian menunjukkan ketiga pasien mengalami distensi kandung kemih dan *dribbling*, namun setelah dilakukan implementasi *bladder training* melalui pengkleman kateter secara periodik selama 1x24 jam, ditemukan adanya peningkatan sensasi berkemih dan masalah retensi urin teratasi yang ditandai dengan kemampuan berkemih spontan tanpa residu urin berlebih setelah kateter dilepas. **Kesimpulan:** Simpulan dari studi ini adalah implementasi *bladder training* efektif dalam merangsang kembali refleks saraf kandung kemih dan tonus otot detrusor sehingga pola eliminasi urin kembali normal, serta disarankan bagi tenaga keperawatan untuk menerapkan metode ini sebagai prosedur standar guna mencegah komplikasi lebih lanjut pada ibu postpartum.

Kata kunci: *Bladder Training*, Postpartum, *Kala II memanjang*, Retensi Urin

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Implementation of Bladder Training on Nursing Problems of Urinary Retention of Postpartum Mothers Time II Extended in the Rose Room of Dr. H. Koesnadi Bondowoso Hospital

xvi + 58 Thing + 6 Table + 1 Picture +6 Appendices

Introduction: Urinary retention is a significant postpartum complication, especially in cases of elongated stage II, which if not treated immediately can trigger bleeding due to uterine involution failure, requiring bladder training interventions to stimulate the bladder detrusor muscles. **Methods:** This descriptive case study uses a nursing care approach in three postpartum mothers with prolonged medical diagnosis II in the Mawar Room of dr. H. Koesnadi Bondowoso Hospital with instruments in the form of maternity assessment formats and SOP bladder training. **Results:** The results of the study showed that the three patients experienced bladder distension and dribbling, but after the implementation of bladder training through periodic catheter clamping for 1x24 hours, it was found that there was an increase in urinary sensation and urinary retention problems were resolved which was characterized by the ability to urinate spontaneously without excess urine residue after the catheter was removed. **Conclusion:** The conclusion of this study is that the implementation of bladder training is effective in re-stimulating the bladder nerve reflex and detrusor muscle tone so that the urine elimination pattern returns to normal, and it is recommended for nursing personnel to apply this method as a standard procedure to prevent further complications in postpartum mothers.

Keywords: Bladder Training, Postpartum, Elongated Period II, Urinary Retention