

# Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada klien dengan ibu hamil pekerja di RASUPN Cipto Mangunkusumo Jakarta = Analysis of urban health clinical nursing practice in clients with pregnant worker in Cipto Mangunkusumo Hospital

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## Abstrak

[<b>ABSTRAK</b><br>

Ibu hamil pekerja merupakan masalah yang sangat khas terjadi pada masyarakat perkotaan. Hal ini dianggap penting mengingat ibu hamil yang bekerja dapat berisiko mengalami komplikasi kehamilan dan persalinan. Karya ilmiah ini dilakukan untuk mengetahui asuhan keperawatan pada klien dengan ibu hamil pekerja dari periode antenatal hingga postnatal. Berbagai masalah keperawatan yang ditemukan pada klien kelolaan pada masa antenatal (ansietas dan kesiapan meningkatkan nutrisi) hingga postnatal (risiko infeksi dan kesiapan meningkatkan pemberian ASI). Menyusui eksklusif seringkali menjadi kendala bagi ibu postnatal yang kembali bekerja. Implementasi yang dilakukan selama 3 kali (1 kali di RSUPN Cipto Mangunkusumo dan 2 kali kunjungan rumah) pertemuan untuk mengatasi masalah tersebut yaitu memberikan edukasi dan demonstrasi perawatan payudara, pemerahan dan penyimpanan ASI. Evaluasi dari tindakan tersebut adalah klien mampu memerah dan menyusui bayinya sehingga masalah kesiapan meningkatkan pemberian ASI dapat teratasi.

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Pregnant workers are very typical problem occurs in urban communities. This issue is considered as crucial since pregnant workers are able to risk of pregnancy and labor complications. This report aimed to analyze nursing care to clients with pregnant worker from prenatal to postnatal period. Various nursing problems found in client during prenatal period (anxiety and readiness to increase nutrition) until postnatal (risk of infection and readiness for increase breastfeeding).

Exclusive breastfeeding was frequently become problem among mother in postnatal period whom start working. Implementations were done in three times (one time in Cipto Mangunkusumo and twice by home visit), to overcome the identified problems by giving patient education and demonstrating steps of breast care, milking and keeping of breast milk. The evaluation of the interventions was client become able of milking and breastfeed her baby, thus problem of readiness for increases breastfeeding could be solved. ;Pregnant workers are very typical problem occurs in urban communities. This

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