

ANALISIS PENERAPAN METODE ERACS PADA PASIEN SECTIO CAESAREA DI RS SWASTA KOTA BEKASI

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ABSTRAK

Pendahuluan : Metode ERACS merupakan metode yang dikembangkan dalam persalinan Sectio Caesarea dengan tujuan untuk meminimalisir nyeri dan proses penyembuhan lebih cepat dibandingkan metode konvensional. Penerapan ERACS terbagi atas 3 tahap, yaitu perawatan pre operatif berupa edukasi, pengaturan waktu puasa, asupan minum berkalori, dan pemberian anti biotik. Perawatan intra operatif manajemen cairan, tanda – tanda vital dan pemberian anastesi. Perawatan post operatif meliputi asupan oral dini, analgetik, mobilisasi dini dan pelepasan dini cateter. Peran perawat dalam penatalaksanaan metode ERACS di Mitra Barat keterlibatannya adalah pada tahap pre operatif dan post operatif. **Tujuan :** Penulisan Karya Ilmiah Akhir Ners ini adalah untuk mengetahui penerapan metode ERACS pada pasien pre dan post Sectio Caesarea di RS Swasta Kota Bekasi. **Metode :** Rancangan studi kasus dengan jenis penelitian deskriptif. **Hasil :** Terdapat penerapan perawatan pre operatif yang sesuai, terdapat percepatan penyembuhan yang signifikan pada perawatan post operatif. **Kesimpulan :** Metode ERACS terbukti efektif mempercepat mobilisasi dini kepada pasien sectio caesarea. **Saran :** disarankan kepada pihak institusi pendidikan, institusi rumah sakit dan perawat di rumah sakit agar dapat memberikan edukasi khususnya tentang ERACS kepada pasien.

Kata Kunci : Defisit Pengetahuan, ERACS, Sectio Caesarea

**ANALYSIS OF THE APPLICATION OF THE ERACS METHOD TO
SECTIOCAESAREA PATIENTS IN BEKASI CITY PRIVATE
HOSPITAL**

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ABSTRACT

Introduction: The ERACS method is a method developed in Sectio Caesarea deliveries with the aim of minimizing pain and the healing process is faster than conventional methods. The application of ERACS is divided into 3 stages, namely preoperative care in the form of education, setting fasting times, consuming high- calorie drinks, and administering antibiotics. Intraoperative care fluid management, vital signs and administration of anesthesia. Postoperative care includes early oral intake, analgesia, early mobilization and early removal of the catheter. The role of the nurse in the management of the ERACS method at Mitra Barat involves the preoperative and postoperative stages. **Purpose:** Writing this Nurse's Final Scientific Work is to find out the application of the ERACS method to pre and post Sectio Caesarea patients in Bekasi City Private Hospital. **Method:** Case study design with descriptive research type. **Results:** There is an appropriate application of preoperative care, there is a significant acceleration in postoperative care. **Conclusion:** The ERACS method has proven to be effective in accelerating early mobilization of sectio caesarea patients. **Suggestion:** it is suggested to educational institutions, hospital institutions and nurses in hospitals to be able to provide education, especially about ERACS to patients.

Keywords: ERACS, Knowledge Deficit Sectio Caesarea