

## PENCEGAHAN KOMPLIKASI PERDARAHAN PADA IBU NIFAS: SUATU TINJAUAN SISTEMATIS

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Article Info	ABSTRAK
<p><b>Article History:</b>            Received 19/09/2025.            Revised -            Accepted 30/09/2025.</p> <hr/> <p><b>Keywords:</b>            Pencegahan komplikasi,            Perdarahan,            postpartum</p>	<p>Seorang perempuan menghadapi berbagai risiko mulai dari kehamilan hingga persalinan. Salah satu fase krusial adalah masa nifas, di mana komplikasi seperti perdarahan dapat terjadi. Penelitian ini bertujuan menganalisis artikel penelitian terkait upaya pencegahan perdarahan pada ibu nifas. Pencarian literatur dilakukan melalui basis data Google Scholar, ScienceDirect, PubMed, Web of Science, Scientific Information Database, dan Scopus. Artikel terbitan tahun 2017–2022 ditelaah berdasarkan alur PRISMA, diperoleh 479 artikel; setelah penyaringan relevansi, penghapusan duplikasi, serta penerapan kriteria inklusi dan eksklusi, 30 artikel dipilih untuk analisis akhir. Kriteria inklusi mencakup penelitian pada ibu nifas pascapersalinan spontan, sedangkan eksklusi meliputi ibu dengan penyakit degeneratif atau persalinan <i>caesar</i>. Kualitas penelitian dinilai berdasarkan desain, metodologi, dan relevansi. Temuan dari jurnal-jurnal yang direview menunjukkan bahwa intervensi preventif sebaiknya dimulai sejak masa kehamilan melalui asuhan antenatal terstruktur dengan minimal empat kali kunjungan. Ibu dengan riwayat perdarahan postpartum dianjurkan melahirkan di rumah sakit untuk mendapatkan intervensi medis segera. Strategi utama meliputi deteksi dini faktor risiko, pemenuhan gizi yang baik, serta pemantauan komprehensif selama masa nifas. Keberhasilan asuhan nifas bergantung pada kualitas skrining dan supervisi tenaga kesehatan. Jika terjadi komplikasi, tindakan segera harus dilakukan sesuai pedoman klinis. Penguatan layanan kesehatan, peningkatan kesadaran ibu hamil, serta ketersediaan tenaga terlatih sangat penting dalam menurunkan morbiditas dan mortalitas akibat perdarahan postpartum. Upaya kolaboratif antara tenaga kesehatan, keluarga, dan masyarakat menjadi kunci dalam menjamin keselamatan ibu serta menekan angka kematian akibat perdarahan postpartum.</p>
	<p><b>ABSTRACT</b></p> <p>A woman faces many risks from pregnancy to childbirth. One critical phase is the postpartum period, where complications such as hemorrhage can occur. This study aims to analyze research articles on preventing postpartum bleeding. A literature search was conducted using databases such as Google Scholar, ScienceDirect, PubMed, Web of Science, Scientific Information Database, and Scopus. Articles from 2017 to 2022 were reviewed. Following the PRISMA flow diagram, 479 articles were identified, and after screening for relevance, removing duplicates, and applying inclusion and exclusion criteria, 30 were selected for final analysis. Inclusion criteria covered studies on spontaneous postpartum mothers, while exclusion criteria included mothers with degenerative diseases or cesarean sections. The quality of</p>

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studies was assessed based on research design, methodology, and relevance. The review indicate that preventive interventions should begin during pregnancy with structured antenatal care, recommending at least four visits. Women with a history of postpartum hemorrhage should deliver in hospitals for immediate medical intervention. Key strategies include early risk assessment, proper nutrition, and comprehensive postpartum monitoring. Effective postpartum care depends on quality screening and supervision by medical personnel. If complications arise, immediate action should follow clinical guidelines. Strengthening healthcare services, raising awareness among pregnant women, and ensuring access to trained professionals are essential to reducing maternal morbidity and mortality related to postpartum hemorrhage. Collaborative efforts among healthcare providers, families, and communities are crucial to ensure maternal safety and reduce maternal deaths caused by postpartum hemorrhage.

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