



The relationship between early mobilization and the healing process of perineal wounds in post partum mothers

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ARTICLE INFO	ABSTRACT
<p><i>Article history:</i></p> <p>Received 11 January 2022 Accepted 21 February 2022 Published 10 March 2022</p> <hr/> <p><i>Keyword:</i></p> <p>Early mobilization Perineal wound healing process Postpartum Mother</p>	<p>World Health Organization (WHO) 2017, about 830 women die every day due to complications during pregnancy or childbirth, To reduce the risk of maternal death globally from 216.1 million live births in 2015 to 70 per 100,000 live births. Perineal wound is a tear in the birth canal spontaneously or by episiotomy at the time of delivery of the fetus. The dangers and complications of perineal rupture include bleeding, infection, and dyspareunia (pain during sexual intercourse). Bleeding at perineal rupture can be severe especially in grades I and III ruptures or if the perineal rupture extends to the side or up the vulva on the clitoris. Based on an initial survey conducted by researchers at the Nabila Primary Clinic, Deli Serdang Regency on March 29, 2022. Out of 8 postpartum mothers, only 3 mothers did Early Mobilization, due to fear after childbirth. The purpose of this study was to determine the relationship between early mobilization and the perineal wound healing process in post partum mothers at the Nabila Pratama Clinic in 2022. The research method used was observational with a cross-sectional survey analytic descriptive research type. The results of this Bivariate study indicate that the Chi-Square Statistical Test results obtained a P value of 0.021, then Ho is rejected and Ha is accepted, which means that there is a significant relationship between Early Mobilization and the Healing Process of Perineal Wounds in Post Partum Mothers.</p>
<p><i>Kata kunci:</i></p> <p>Mobilisasi dini Proses penyembuhan luka perineum Ibu Post Partum</p> <p><i>*) corresponding author</i></p> <p>LisdaYanti Simanjuntak</p> <p>STIKes Mitra Husada Medan Jln Suka Maju , Dusun VII no 36 Bandar Klipa Percut Sei Tuan Deli Serdang</p> <p>Email: munthejuliana1986@gmail.com</p> <p>DOI: 10.30604/jika.v7i1.1520</p> <p>Copyright @author(s)</p>	<p>ABSTRAK</p> <p>World Health Organization (WHO) 2017, sekitar 830 wanita meninggal setiap hari karena komplikasi selama hamil atau persalinan, Untuk mengurangi resiko kematian ibu secara global dari 216.100.000 kelahiran hidup pada tahun 2015 menjadi 70 per 100.000 kelahiran hidup. Luka perineum adalah sebagai adanya robekan jalan lahir secara spontan maupun secara episiotomi pada saat melahirkan janin. Bahaya dan komplikasi ruptur perineum antara lain perdarahan, infeksi, dan dispareunia (nyeri selama berhubungan seksual). Perdarahan pada ruptur perineum dapat menjadi hebat khususnya pada ruptur derajat I dan III atau jika ruptur perineum meluas ke samping atau naik ke vulva mengenai klitoris. Berdasarkan survey awal yang dilakukan peneliti di Klinik Pratama Nabila Kabupaten Deli Serdang tanggal 29 Maret tahun 2022. Dari 8 ibu post partum hanya 3 ibu yang melakukan Mobilisasi Dini, disebabkan karena ketakutan pasca persalinan. Tujuan penelitian ini untuk mengetahui Untuk mengetahui hubungan mobilisasi dini terhadap proses penyembuhan luka perineum pada ibu post partum di Klinik Pratama Nabila Tahun 2022. Metode penelitian yang digunakan observasional dengan jenis penelitian deskriptif analitik survei cross secsional. Hasil penelitian Bivariat ini menunjukkan bahwa Dari hasil Uji Statistik Chi-Square diperoleh niali P value 0,021, maka Ho ditolak dan Ha diterima yang artinya ada hubungan signifikan antara Mobilisasi Dini Terhadap Proses Penyembuhan Luka Perineum Pada Ibu Post Partum</p>

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INTRODUCTION

Based on the Indonesian Demographic and Health Survey (IDHS) in 2012, the number of MMR in Indonesia was 359 per 100 thousand live births (Ministry of Health, 2012). Based on reports from district/city profiles of maternal MMR reported in North Sumatra in 2012, it was 106/100,000 live births. (North Sumatra Health Profile 2012), (Ylandari, 2021). Research (Supardi & Yani, 2020) shows that of the 19 respondents who did early mobilization, there were 17 liki.

Early mobilization is a rehabilitative action (recovery) carried out after the patient has given birth to help the perineal wound healing process. So if the postnatal mother performs early mobilization such as walking, lifting her legs and using fine motor and gross motor skills, it will be very closely related to the perineal wound healing process.

The puerperium is the period after the parturition process is complete and ends after approximately 6-8 weeks until the reproductive organs return to normal conditions such as pre-pregnancy. Post-partum complications can occur in post-partum mothers such as hemorrhagic or post-partum bleeding, thrombosis, thrombophlebitis, therefore a postpartum care is needed to maintain the health of the post-partum mother and her baby. Postpartum care is provided both in terms of physiological and psychological (Fitriani, 2016).

Based on an initial survey conducted by researchers at the Nabila Primary Clinic, Deli Serdang Regency on March 29, 2022. Of the 8 postpartum mothers only 3 mothers who did Early Mobilization, the researchers were interested in taking the title of research on the relationship between early mobilization and the healing process of perineal wounds in post-partum mothers. Partum at Nabila Primary Clinic in 2022. Research (Supardi & Yani, 2020) shows that of the 19 respondents who did early mobilization, there were 17 liki.

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METHOD

This research method is observational / survey, namely data collected from respondents using questionnaires or questionnaires without. The type of research is descriptive

analytic with cross sectional, namely studying the correlation between early mobilization and the perineal wound healing process.

The population in this study were all post partum mothers totaling 30 respondents (0-40 days) from March who gave birth at the Nabila Primary Clinic in 2022.

The dependent variable measured in this study was the perineal wound healing process, while the independent variables were early mobilization, age and knowledge. .

Analysis to see the relationship between independent and devenden variables, namely the relationship of early mobilization to the perineal wound healing process in 2022 using Chi Square

RESULTS AND DISCUSSION

Based on the results of the research that relates early mobilization to the healing process of perineal wounds in post partum mothers at the Nabila Pratama Clinic in 2022, the following results were obtained:

Table 1 Frequency Distribution by Age

Age	Frequency	Percentage %
1.< 20 Years	2	6.6%
2.20-30Years	28	93.4%
3. > 40 years old	0	0%
Amount	30	100%

Based on table 1, it is explained that from the majority aged 20-30 years, there are 28 mothers (93.4%) and the minority <20 years are 2 mothers (6.6%).

Table 2 Frequency Distribution of Early Mobilization

Mobilization Early	Frequency	Percentage %
Yes	18	60%
Not	12	40%
Amount	30	100%

Based on table 2 explains that from the majority of early mobilization there are 18 mothers (60%) and the minority is not as many as 12 mothers (40%)

Table 3 Knowledge Distribution

Knowledge	Frequency	Percentage %
1. Right	16	53.3%
2. Wrong	14	46.7%
Amount	30	100%

Based on table 3 explains from the majority of knowledge amounted to 16 mothers (53.3%) Minority of knowledge 14 mothers (46.7)

Table 4 Relationship of Early Mobilization

No Respondent	Mobilization Early and Knowledge			Total	OR (95%CI)	P Value
	N	%	N			
Yes	18	60	30	100.0	100 (016-609)	0.021
Not	12	40				
Right	16	53.3	30	100.0		
Wrong	14	46.7				

Based on the bivariate results above, it shows that there is a relationship between early mobilization, age, knowledge of the perineal wound healing process in postpartum mothers at the Nabila Pratama Clinic in 2022.

From the results of the Chi-Square Statistical Test, the Odd ratio (OR) = 100 CI = 016-609 and P value 0.021 Ho is rejected and Ha is accepted, which means that there is a significant relationship between Early Mobilization and Knowledge of the perineal wound healing process in postpartum mothers. Based on table 1 explains that from the majority aged 20-30 years there are 28 respondents (93.4%) and the minority <20 years are 2 mothers (6.6%) Based on table 2 explains that from the majority of early mobilization there are 18 mothers (60%) and minority Not as many as 12 respondents (40%) Based on table 3 explains from the majority of knowledge amounted to 16 mothers (53.3%) Minority of knowledge 14 mothers (46.7).

Discussion

Research (Waluyo, 2020). It was stated that of the 32 people who were used as samples, 19 people did early mobilization, there were 16 people (84.2%) who were fast in healing perineal wounds and 3 people (15.8%) who were slow in healing perineal wounds. Thus there is an effect of early mobilization with the speed of perineal wound healing.

Research (Astuti & Hartinah, 2021). It can be seen that mothers who do early mobilization slowly have a slow healing of perineal wounds by 43.2%, while mothers who

Research (Supardi & Yani, 2020) showed that of the 19 respondents who did early mobilization, there were 17 respondents (89.5%) who had good healing of perineal wounds, and 2 respondents (10.5%) who had poor healing of the perineal wounds. While those who did not do early mobilization were 11 respondents, there were 4 respondents (36.4%) who had good healing of perineal wounds, and 7 respondents (63.6%) who had poor healing of perineal wounds.

According to (Raharjo, 2017) Based on age characteristics, mothers who experience perineal wound healing quickly are influenced by the healthy reproductive age of the mother, which is equal to (78.3%), while mothers who experience slow healing of perineal wounds are influenced by the age of mothers who are not reproductively healthy. (> 35 years) of 57.1%. This happens because of the decreased proliferation ability, size and number of fibroblasts, resulting in a decrease in the response of hormones and growth factors produced during the wound healing process, which slows down the healing time of perineal wounds.

According to (Jklin, 2016) Early mobilization is a movement, position or activity carried out by the mother after a few hours of giving birth with normal delivery. Early mobilization is the wisdom to guide the patient out of bed and walk as early as possible after delivery. In addition to the above risks, the impact that can occur if early mobilization is not carried out is the lack of blood supply and the effect of hypoxia on the wound. Wounds with poor blood supply will

heal slowly. If the factors essential for healing, such as oxygen, amino acids, vitamins and minerals, reach the wound too slowly because of poor vascularity, then wound healing will be hampered, even in well-nourished patients.

The dominant factor causes a person to mobilize early, because they do not want to be bothered by other people, and try to do their own activities so that blood circulation throughout the body is launched and helps the healing process of post-delivery perineal wounds. On the other hand, if you don't do early mobilization, you will experience delays in healing due to factors that you don't want, don't know and don't want to do early mobilization because of fear of post-delivery.

Many studies have shown that the effect of post-delivery mobilization is very beneficial in the wound healing process because mobilization increases circulation in the perineal area so that essential substances play a role in helping the wound healing process speed up.

According to the author's opinion, it is in line with research (Munthe et al., 2020) saying that good early mobilization can help heal perineal wounds quickly because early mobilization or immediate movement by post partum mothers facilitates blood circulation, helps recovery and prevents infection..

CONCLUSIONS

The results of this Bivariate study indicate that the Chi-Square Statistical Test results obtained a P value of 0.021, then Ho is rejected and Ha is accepted, which means that there is a significant relationship between Early Mobilization and the Healing Process of Perineal Wounds in Post Partum Mothers.

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