



The Relationship between Mobilization and Episiotomy Wound Healing in Post Partum Mothers at Ar-Rasyid Hospital Palembang

Meta Rosdiana¹, Putinah²

¹Midwifery diploma, STIK Siti Khadijah Palembang

²Nursing program, STIK Siti Khadijah Palembang

Email Penulis Korespondensi (^K): rosdiana.meta76@gmail.com

ABSTRACT

Early mobilization as a prominent factor in accelerated the recovery of postoperative maternal body functions and to prevent post-surgical complications. This study aims to determine the relationship of mobilization to episiotomy wound healing in postpartum mothers. This research is a quantitative descriptive study with cross sectional approach. The samples were 30 respondents with all postpartum mothers treated at Ar-Rasyid Hospital Palembang. The results of the analysis found of respondents mobilized were 17 people (56.7%) and respondents experienced rapid episiotomy wound healing were 22 people (73.3%). There is a relationship between mobilization and episiotomy wound healing in postpartum mothers at the Ar-Rasyid Hospital in Palembang in 2019 ($p = 0.011$).

Keywords : *Mobilization; Episiotomy; Post Partum*

Article history :

Received: 10 Agustus 2020

Received in revised form: 10 September 2020

Accepted: 1 November 2020

Available online: 1 December 2020



licensed by [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

INTRODUCTION

According to the World Health Organization (WHO) Normal delivery is labor that starts spontaneously, low risk at the onset of labor and remains so during the delivery process, the baby is born spontaneously in the back of the head presentation at 37-42 weeks of gestation, and after delivery of both mother and baby are in good health.

Generally, maternal mortality used to measure of health services condition in a country or region. According to WHO maternal death is the death of a woman during pregnancy or within 42 days after the end of the pregnancy due to any cause, regardless of the length of the pregnancy and the actions taken to end the pregnancy¹.

The maternal health success can be seen from the Maternal Mortality Rate (MMR) indicator. MMR is the number of maternal deaths during pregnancy, childbirth and puerperium caused by pregnancy, childbirth, and the puerperium or its management but not due to other causes such as accidents or fall accidentally in every 100,000 live births. This indicator is not only able to assess maternal health programs, but also to assess public health, because of its sensitivity to improving health services, both in terms of accessibility and quality. In general, there was a decrease in maternal mortality during the 1991-2015 period. There was a decrease in MMR in Indonesia from 390 in 1991 to 305 in 2015².

The number of maternal deaths in South Sumatra Province in 2015 was 131 cases, in 2016 there were 133 cases and up to December 2017 it reached 107 cases. However, it still needs our attention because the target in 2019 is the Maternal Mortality Rate 304 / 100,000 KH³.

The number of maternal deaths in Palembang in 2015 was 11 cases, in 2016 there were 6 cases and in 2017 there were 7 cases out of 27,876 live births. The cause of most death was hypertension in pregnancy 72% (5 people), and the lowest was bleeding 14% (1 person). Meanwhile, another cause of maternal death is metabolic disorders (DM), which is 1 (one person). While the RPJMD target is 100 / 100,000 live births.⁴

In delivery child, an episiotomy is often performed to control tears so as to facilitate wound healing because it is easier to sew and put back together, episiotomy wound healing can take weeks, months or years depending on health conditions and perineal care itself. Post-episiotomy wounds if not care well will cause physical and psychological complications.⁵

In the past, puerperium care was very conservative, where the women had to sleep on its back for 40 days. Now puerperium treatment is more active with it is recommended to carry out early mobilization. Early mobilization treatment has the advantage of smoothing out lochia, reducing puerperal infection. Early ambulation is guiding the sufferer out of bed as quickly as possible. In labor, after 2 hours (the mother may tilt to prevent the trombositis). Another advantage and early ambulation is that it affects the healing of the episiotomy wound or wound in the stomach.⁶

Research on risk factors that affect the duration of perineal wound healing in post partum mothers, showed that 62.5% of mothers with perineal wound healing time ≤ 7 days were found, and > 7 days 37.5%. Based on the bivariate analysis, there was a significant relationship between age (p-value =

0,000), early mobilization (p-value = 0,000), parity (p-value = 0.044) and type of wound (p-value = 0,000) with the duration of perineal wound healing.⁷

Based on medical record data at Ar-Rasyid Hospital Palembang, the number of post partum mothers in 2017 was 503 people, in 2018 there were 576 people, and in the period January-April 2019 there were 196 people. The results of interviews with post partum mothers who gave birth spontaneously in di Ruang Rawat Inap of Ar-Rasyid Hospital Palembang were 5 respondents. Post partum mothers who experience pain, this is due to the presence of an episiotomy wound that can affect every activity of the mother. Based on observations made by researchers, it was found that 3 post partum mothers were still lying in bed, 2 post partum mothers were still afraid to walk alone. Not immediately fusing skin tissue due to surgical wounds caused by disruption of blood supply to the tissue. Blood supply is the supply of oxygen bound by hemoglobin in the blood to the tissues.

This research was conducted to determine the relationship between mobilization and episiotomy wound healing in post partum mothers at Ar-Rasyid Hospital Palembang in 2019.

METHOD

This study used a quantitative analytical survey, with a cross-sectional design, research to study the dynamics of the correlation between the relationship and effects by means of an observation approach or data collection at once. The sample used was post partum mothers who were treated at Ar-Rasyid Hospital Palembang in 2019. This research was conducted on 18 July-02 August 2019. The used accidental sampling technique, method by selecting who happened to be there / was found at the time of the study with the number of samples used was 30 samples. Data collection using a questionnaire that has been tested for validity and reliability test. The data analysis was carried out in univariate analysis and bivariate analysis.

RESULT

Table 1. Frequency Distribution of Respondents Based on Mobilization at Ar-Rasyid Hospital Palembang in 2019

| Mobilize | Total | Percentage (%) |
|------------------|-------|----------------|
| Mobilized | 17 | 56,7 |
| Did Not Mobilize | 13 | 43,3 |
| Total | 30 | 100 |

Based on the table, it can be seen that of the 30 respondents who mobilized 17 people (56.7%), more than 13 people (43.3%) did not mobilize.

Table 2. Frequency Distribution of Respondents Based on Episiotomy Wound Healing in Post Partum Mothers at Ar-Rasyid Hospital Palembang in 2019

| Episiotomy Wound Healing | Total | Percentage (%) |
|-------------------------------|-------|----------------|
| Fast episiotomy wound healing | 22 | 73,3 |
| Slow episiotomy wound healing | 8 | 26,7 |
| Total | 30 | 100 |

Based on table 4.2, it can be seen that of the 30 respondents, 22 people experienced fast episiotomy wound healing (73.3%), more than 8 people who experienced slow episiotomy wound healing (26.7%).

Table 3. The Relationship of Mobilization to the Healing of Episiotomy Wounds in Post Partum Mothers at Ar-Rasyid Hospital Palembang in 2019

| mobilize | Episiotomy Wound Healing | | | | total | <i>ρ value</i> |
|------------------|--------------------------|------|------|------|-------|----------------|
| | FAST | | slow | | | |
| | n | % | n | % | n | % |
| mobilized | 16 | 94,1 | 1 | 5,9 | 17 | 100 |
| did not mobilize | 6 | 46,2 | 7 | 53,8 | 13 | 100 |
| total | 22 | 73,3 | 8 | 26,7 | 30 | 100 |

Based on able 4.3, it is found that respondents who experienced rapid episiotomy wound healing and mobilization were 16 people (94.1%), more than 6 people (46.2%) who experienced rapid episiotomy wound healing and did not mobilize. The results of the chi-square statistical test obtained ρ value = 0.011, which when compared with the $\alpha = 0.05$, then ρ value ≤ 0.05 . This means that there is a mobilization relationship to episiotomy wound healing in post partum mothers at the Ar-Rasyid Hospital Palembang in 2019.

DISCUSSION

The results was found that respondents who experienced rapid episiotomy wound healing and mobilization were 16 people (94.1%), more than the respondents who experienced fast episiotomy wound healing and did not mobilize as many as 6 people (46.2 %). The results of the chi square statistical test obtained ρ value = 0.011, which when compared with the value $\alpha = 0.05$, then ρ value ≤ 0.05 , this means that there is a relationship between mobilization of episiotomy wound healing in post partum mothers at the Ar-Rasyid Hospital Palembang in 2019. Thus the hypothesis that there is mobilization of episiotomy wound healing in post partum mothers is statistically proven.

In a postpartum mother, many of the normal physical components of the postnatal period require varying degrees of healing. In general, the post partum period tends to be related to the process of returning the mother's body to its pre-pregnancy state, and many of these processes involve the

involution of the uterus, accompanied by healing at the placental site (extensive wounds) including ischemia and autolysis. Successful resolution is critical to maternal health, but apart from nutritional guidelines (which should ideally be provided during the antenatal period) and basic advice on hygiene and lifestyle, there is little midwives can do to influence the process.⁸

Based on theory, in the past, puerperium treatment was very conservative, where the mothers had to sleep on its back for 40 days. Now puerperium treatment is more active with it is recommended to carry out early mobilization. Early mobilization treatment has the advantage of smoothing out lochia, reducing puerperal infection. Early ambulation is the wisdom of guiding the sufferer out of bed as quickly as possible. In labor it is done after 2 hours (the mother may tilt to prevent the presence of platelets). Another advantage and early ambulation is that it affects the healing of the episiotomy wound or wound in the stomach.⁶

Some of the advantages of mobilizing are as follows: easing the discharge of lochia, avoiding infection, preventing venous thrombosis and pulmonary embolism, accelerating the involution of the uterine apparatus, improving the function of the gastrointestinal apparatus and urinary apparatus, increasing blood circulation, accelerating the function of breast milk and removing metabolic waste. prevent respiratory problems, changes in circulation and urination. Early mobilization makes mothers feel healthier and stronger, it is also possible to provide guidance to mothers on how to care for their babies and can shorten hospitalization.⁹

The results of this study were not much different from research on the relationship between early mobilization and personal hygiene to the acceleration of healing of perineal wounds in post partum mothers at RSIA Pertiwi Makassar, the results showed that early mobilization ($p = 0.001$, OR = 63.0), personal hygiene ($p. = 0.001$ OR = 88.0), has a significant relationship with the acceleration of perineal wound healing.¹⁰

Based on the results of research and existing theories, it can be concluded that post partum mothers who do early mobilization of their wound healing process will be faster and those who do not do early mobilization of their wound healing process are slower. In this study most of the respondents carried out early mobilization, but as many as 43.3% of respondents did not do early mobilization due to fear of pain in the perineal wound. Early mobilization carried out by postpartum mothers, starting from right and left oblique movements and light walks, helps accelerate the healing of perineal wounds. Based on this, it is hoped that it can maintain the quality of service, especially in providing comprehensive service care.

CONCLUSIONS

Based on the results and objectives of the study regarding the relationship between mobilization and episiotomy wound healing in post partum mothers at the Ar-Rasyid Hospital Palembang, the following conclusions can be drawn: From the frequency distribution of respondents, who mobilized 17 people (56.7%) and respondents 13 people (43.3%) out of 30 respondents and the frequency distribution

of respondents who did not mobilize were 22 people (73.3%) and respondents who experienced slow episiotomy wound healing were 8 people (26,7%) of 30 respondents. And hypothetically, there is a relationship between mobilization and episiotomy wound healing in post partum mothers p volume ($\alpha = 0.05$).

Based on the results of the conclusions of the study, the researchers provided several suggestions, including: Implementation of early mobilization is expected to be carried out for every post partum mother in a healthy condition to help accelerate the healing of perineal wounds and can be taken into consideration in providing midwifery care by carrying out early mobilization on post partum mothers and for further research; other variables that can affect the duration of healing of perineal wounds, as well as by using other methods.

REFERENCES

1. Kesehatan K, Penelitian B, Kesehatan P. *Hasil Utama Riskesdas 2018*; 2018.
2. Balitbangkes KR. *Laporan Riskesdas 2013*; 2013.
3. RI KK. *Permenkes No.30 Tahun 2014*; 2014.
4. Organization WHO (WHO). *Guideline: Sugars Intake for Adults and Children*. WHO Document Production Services; 2015.
5. Atmarita A, Jahari AB, Sudikno S, Soekatri M. ASUPAN GULA, GARAM, DAN LEMAK DI INDONESIA: Analisis Survei Konsumsi Makanan Individu (SKMI) 2014. *Gizi Indones*. 2017;39(1):1. doi:10.36457/gizindo.v39i1.201
6. Hendriyani H, Sulistyowati E, Noviardhi A. Konsumsi makanan tinggi natrium, kesukaan rasa asin, berat badan, dan tekanan darah pada anak sekolah. *J Gizi Klin Indones*. 2016;12(3):89-98. doi:10.22146/ijcn.22632
7. Riley M, Hernandez AK, Kuznia AL. High blood pressure in children and adolescents. *Am Fam Physician*. 2018;98(8):486-494.
8. Kuciene R, Dulskiene V, Medzioniene J. Association of neck circumference and high blood pressure in children and adolescents: A case-control study. *BMC Pediatr*. 2015;15(1):1-10. doi:10.1186/s12887-015-0444-2
9. DiNicolantonio JJ, Lucan SC, O'Keefe JH. The Evidence for Saturated Fat and for Sugar Related to Coronary Heart Disease. *Prog Cardiovasc Dis*. 2016;58(5):464-472. doi:10.1016/j.pcad.2015.11.006
10. Fidler Mis N, Braegger C, Bronsky J, et al. Sugar in Infants, Children and Adolescents: A Position Paper of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition Committee on Nutrition. *J Pediatr Gastroenterol Nutr*. 2017;65(6):681-696. doi:10.1097/MPG.0000000000001733
11. Nurbaya E. Pengembangan Media Lift the Flap Book Berbasis Grafis Pada Materi Metamorfosis Di Kelas Iv Sekolah Dasar. *Progr SI PGSD Univ Jambi*. Published online 2018.
12. Wardhani RP. Perancangan buku interaktif mengenai miopi untuk anak the design of interactive book about myopia for children. Published online 2015.
13. Handayani MP. Pengembangan Buku Lift the Flap Ensiklopedia Anak Tentang 16 Pakaian Adat Di Indonesia Bagian Tengah Dan Timur. Published online 2016.

14. Sartono EKE, Irawati E. Child-Friendly Based Lift-the-Flap Story Book: Does It Affect Creative Thinking Ability and Self-Actualization of 4th Grade of Elementary Student? In: Vol 401. ; 2020:116-121. doi:10.2991/assehr.k.200204.021
15. Meylana DA, Pujiastuti P, Sartono KE. Lift the flap story book based on child-friendly: Improving the ability of students mathematical connection. *J Phys Conf Ser.* 2019;1157(4). doi:10.1088/1742-6596/1157/4/042065
16. Emzir. *Metodologi Penelitian Pendidikan.* PT. Raja Grafindo; 2013.
17. Poerwandari EK. *Pendekatan Kualitatif Dalam Penelitian Psikologi.* LPSP3 Universitas Indonesia; 2005.
18. Miles, M.B., Huberman, A.M., Saldana J. *Qualitative Data Analysis, Methods Sourcebook.* 3th ed. SAGE Publication inc.; 2014.
19. Subyek-DDK. *Transkrip Wawancara Partisipan Tentang Pola Konsumsi Gula Pada Anak Dan Keluarga.*(2020).
20. Subyek-SGT. *Transkrip Wawancara Partisipan Tentang Pola Konsumsi Gula Pada Anak Dan Keluarga.*(2020).
21. Subyek-TN. *Transkrip Wawancara Partisipan Tentang Ketersediaan Media Informasi Tentang Proporsi Seimbang Konsumsi Gula.*(2020).
22. Subyek-MST. *Transkrip Wawancara Partisipan Tentang Ketersediaan Media Informasi Tentang Proporsi Seimbang Konsumsi Gula.*(2020).
23. Subyek-DF. *Transkrip Wawancara Partisipan Tentang Ketersediaan Media Informasi Tentang Proporsi Seimbang Konsumsi Gula.*(2020).