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## Self-Care Intervention in Post Sectio Caesarea Mothers

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### ABSTRACT

Post-SC mothers will usually experience a lack of self-care such as maintaining post-SC wound hygiene, breast care and early mobilization. The lack of self-care hygiene is caused by the presence of post-SC pain which can affect the physical activity that will be carried out on the mother, the lack of education during the short treatment. The purpose of this article is to determine the types of self-care interventions for self-care in post-SC mothers. In this article, we use Arksey and O'Melley models in analyzing. The literature sources used are through online databases, Science Direct, Pubmed, Google Scholar from 2017 to 2021. Identification and analysis using Preferred Reporting Items for Systematic Reviews and Meta Analysis for Scoping Review (PRISMA-SR). From the results of 5 articles that were analyzed, this article has summarized the types of self-care and education interventions used for self-care in post-SC mothers, including; early mobilization of post sectio caesarea with surgical wound healing, early mobilization with the level of independence of post sectio caesarea patients, knowledge of post-sectio caesarea (SC) wound care with the level of patient independence, communication, information, education (IEC) with mother's motivation in doing early mobilization post sectio caesarea, postpartum education with booklet media for mothers after sectio caesarea.

Keywords: Sectio caesarea (sc), education, self care

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#### *Article history :*

*Received: 14 Februari 2022*

*Received in revised form: 18 Maret 2022*

*Accepted: 26 April 2022*

*Available online: 1 Juni 2022*



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## INTRODUCTION

Post sectio caesarea (SC) mothers will mostly experience problems in their care.<sup>1</sup> In this period, it is a crisis situation for the mother, partner and family due to several changes that occur both physically, psychologically and family structures that still require an adjustment process.<sup>2</sup> Self-care is an activity that can meet the needs in maintaining the life, health and well-being of individuals both in good health and illness.<sup>3</sup>

Studies focusing on post-SC mobilization with surgical wound healing at Avicanna Hospital, Juang City, showed that 3 out of 7 post SC mothers did not carry out early mobilization on the basis of fear because they still felt pain in the incision wound.<sup>4</sup> Meanwhile, in early mobilization with the level of independence of post-SC patients at Temanggung Regional Hospital, it was found that mothers who had experienced post SC said that they had been given education by nurses to carry out early mobilization by moving their left right-sided legs. And it can be seen from the 4 post SC patients on the first day still sleeping on their backs and doing minimal movements because they still feel pain, and are afraid if the stitches come off. On the second day it was seen already tilted right left, sitting and studying to stand, and on the second day the patient on the third day was seen already sitting to breastfeed the baby and standing to change the baby's clothes.<sup>5</sup> Furthermore, in the knowledge of SC postoperative wound care with a level of independence, 3 respondents were obtained post SC, 2 of whom respondents did not have knowledge about post SC wound care and their independence while 1 of them had knowledge of post SC care and independence.

During pregnancy, childbirth and puerperium are not a few who experience complications, if left untreated can lead to maternal death.<sup>6</sup> Problems that are often faced by post SC mothers include pain, anxiety and mobility disorders. Early mobilization will usually be carried out on the presence or absence of complications of childbirth and puerperium. Post SC mothers are allowed to get out of bed no later than 24-48 hours after giving birth. It is best to encourage mothers to start early mobilization by tilting right or left, sitting and walking<sup>4</sup>.

Intervention strategies in post sectio caesarea mothers that have been carried out before are early mobilization, knowledge of wound care in post SC, provision of communication, information, education (IEC) and education with booklet media. Based on existing intervention strategies, interventions that have been considered for self-care in post SC mothers are self-care approach education by providing videos through linktree.

## METHOD

### Design Study

This article uses a scoping review approach in order to identify the steps for preparing a series of research procedures. This review uses the Arksey & O'Malley method<sup>7</sup>. The method on Arksey & O'Malle in conducting a scoping review analysis must go through several stages. In these stages, it

consists of identifying researcher questions that are in accordance with the topic or objectives of the researcher, identifying literature sources that have interrelated with various sources, selecting and adjusting the literature that has been obtained to the research topic, collecting the literature to be used, compiling and reporting the results of the analysis and conducting consultations. This article has a review question, which is "What are some self-care interventions in post SC mothers?".

**Eligibility Criteria**

This article will review the post SC maternal self-care-related interventions to address self-care in mothers that have been established in a scoping review. The article used should not be more than the last five years.

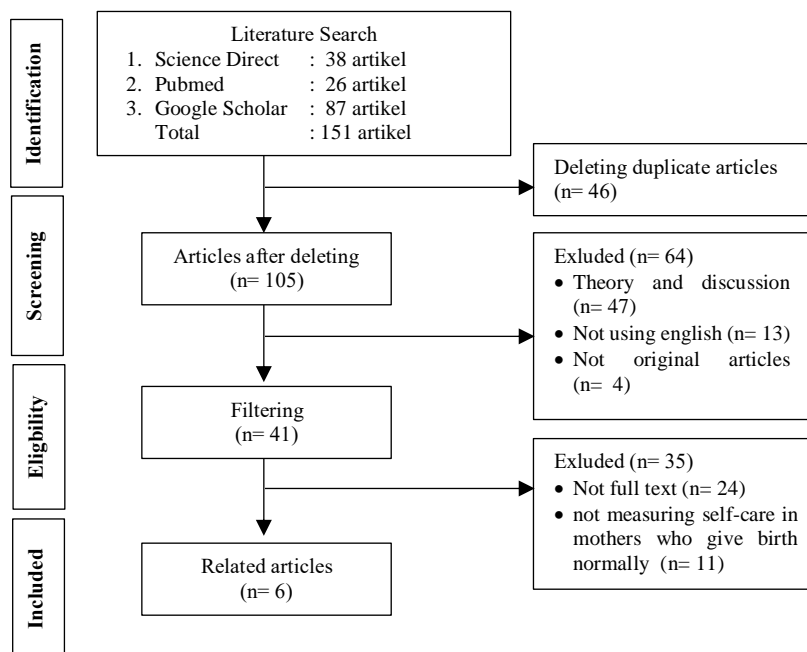
**Literature Search Strategy**

Articles collected through online databases, Science Direct, Pubmed, Google Scholar. The article that will be used is from 2017 to 2021 using quantitative or qualitative research designs. Search for articles by means of using the Boolean operator method "OR/AND". The keywords used in article searches are "sectio caesarea" OR "SC", "Education", "Intervention", "Mobilization" AND "Self Care".

**Literature Selection**

Making scoping reviews, namely using the literature method independently through an online database accurately. Performed with analysis using preferred reporting items for systematic reviews and meta analysis for scoping review.<sup>8</sup> Figure 1 will explain how the process of selecting and selecting articles as literature to be used.

**Matriks Analisis**



**Figure 1** process of selecting and selecting articles as literature to be used.

**Table 1. Research Design and Samples**

Author, year	Heading	Research design and samples	Result
Ferinawati, Rita Hartati, 2019	The relationship between early mobilization of post sectio caesarea with surgical wound healing at AVICENNA Hospital, Juang City District, Bireuen Regency.	This research uses a cross-sectional approach design and is analytical. The sample was 32 respondents by accidental sampling.	There was an increase in respondents who had mobilized well, namely 21 respondents (65.6%).
Sumaryati, Gipta Galih Widodo, Heni Pruwarningsih 2018	The relationship between early mobilization and the level of independence of post sectio caesarea patients in the Rose Ward of Temagging Hospital.	This study is a study with descriptive correlation with a cross sectional approach. The sample in this study was 40 respondents with accidental sampling technique.	The results of this study showed that most of the post sectio caesarea (SC) patients in the Mawar Ward of Temanggung Hospital carried out mobilization properly, namely 26 respondents (65%).
Jayanti Imansari, Rita Yulifah, Ardi Panggayuh 2019	Providing communication, information, education (IEC) with the motivation of mothers in carrying out early mobilization of post sectio caesarea.	The design in this study used a quasi-experiment with a one group pretest-posttest approach, with a sample of 30 respondents.	There is an increase in motivation by providing education.
Domas Nurchandra Pramudianti 2017	The effect of postpartum education with booklet media on post-sectio caesarea mothers on parenting self-efficacy in the early period of puerperium in the hospitals of the klaten region.	This study used quasi-experimental pretest and posttest with control group design. With a sample of 66 respondents, of which there were 33 respondents in each variable.	There was an increase in parenting self-efficacy scores after interventions in the intervention group and non-intervention groups.
Purshaiyna Thirukumar, Dominiek Coates, Amanda Henry 2021	Women's experiences of intrapartum care and recovery in relation to planned caesarean sections: An intervention study	This study used interview studies.	Many women state that the SC action is a good action if it has been planned, compared to the SC action on an emergency basis.

## RESULTS

### Study Characteristics

This review is to explore self-care interventions in post sectio caesarea mothers. A total of 121 articles have been obtained as literature sources from science direct (38 articles), pubmed (26 articles) and google scholar (87 articles). There are 46 articles that are the same on data based to be excluded because they contain only theories and discussions, the articles are not related to the topic and are not original. The results that have been filtered obtained 41 articles and exceptions were made related to articles that did not examine self-care in mothers and the completeness of articles, 5 articles that will be analyzed discussing the type of education approach to self-care to improve self-care in post SC mothers.

The population in the article for which the analysis has been carried out consists of the patient and the patient's family. The intervention here is a form of achievement so that mothers are able to carry out self-care independently, thus this review can be used as a collection of data on maternal care independently.

### **Summary of the findings in the literature**

The articles that have been analyzed conduct direct self-care education, especially for post SC mothers and the provision of interviews.<sup>9</sup> This gift is specifically given to the post mother. In these articles look at the effect of providing mobilization, IEC, education and treatment. From the results of the review of 5 articles, the results of providing education that are considered effective to increase knowledge and independence for mothers because they are easy to understand, informative and interesting.

1. Easy to understand

In addition to being able to provide self-care education directly by means of interviews, providing IEC, providing SOPs and booklets to clients, clients also state that the composition of more images than writing will make the information easier to understand. In providing IEC and interviews, it will also be easier to understand if the client pays attention to the movements of the researcher directly.

2. Effective and informative

In the literature that has been obtained, it is stated that education using booklets can have an effect on the early period of the puerperium<sup>2</sup>. The provision of quality information media about treatment in the form of a booklet can be learned by mothers after returning home from the hospital.

3. Exciting

The existence of interesting educational media to be used as educational material. There is a cover of the booklet that can attract readers, bright colors and fill it with images as needed.

## **DISCUSSION**

A success of self-care education in mothers can be influenced by several factors including education, length of exposure time, the type of educational information / media that has been used, psychological stress, culture and social support.<sup>1011</sup> The media that has been used will play an important role in assisting the audience in understanding and capturing information. The provision of self-care education is very useful for clients, proven to be used also as a means of promotion and comprehensive education to be able to improve knowledge, attitudes and also health behaviors.

The difference between scoping review and systematic review is that scoping review has a great use for synthesizing research evidence and is often also used to create categories or groupings of literature that already exists in a certain field. This type will pay attention to the nature, features and content of the literature that has been taken. The form of scoping review is an initial assessment of the

size of potential and the scope of the research literature. With the aim of identifying the nature and extent of research evidence (usually including ongoing research).

Meanwhile, the first systematic review begins with creating a systematic review research protocol. There are quantitative systematic review methods used to synthesize research results with a quantitative approach, for example Randomized Control Trials (RCTI), Cohort Study, Case-Control Study, or prevalence study. The statistical approach in synthesizing quantitative research results is called meta-analysis. Meanwhile, the qualitative approach in systematic review is used to synthesize (summarize) research results that are descriptive qualitative. This method can also be called meta-synthesis, which is a technique of integrating data to obtain new theories or concepts or levels of understanding that are more in-depth and comprehensive.

## CONCLUSIONS

Post SC mothers experience a lack of education about self-care that has been caused by a lack of knowledge and also information related to self-care in post SC mothers. Educating the self-care approach to post SC maternal self-care by using educational videos through linktree is one of the effective interventions. This article also serves to explore the types of self-care interventions in self-care in post SC mothers with a scoping review approach.

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