



Correlation Nutrition Knowledge of Mother's Curing of Post Sectio Caesarea

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ABSTRACT

Birth represent the physiologist event. However, if there are complication, action must be taken¹. Nutrition is the factors that influence wound curing². One behavior process is also influenced with knowledge³. The purpose of the research is to identify correlation between the knowledge of nutrition to the curing of post sectio caesarea wound. Design of the research used survey. The independent variable was knowledge about nutrition, the dependent variable was the curing of post sectio caesarea wound. This research used correlation spearman by the value $\rho < 0,005$. The population was the post sectio caesarea mother on the seventh day who getting birth and control at RSUD Jombang on June 2020. The number of sample was 32 respondents. Sampling used purposive sampling. The data collected by using questionnaire and checklist. The results showed that 17 people (47.2%) experienced good healing, 18 people (50%) had enough, 1 person (2.8%) was lacking. This was influenced by the mother's experience, most of which were first experiences, 23 respondents (23.9%). Less education so that respondents are not good at receiving. Statistical test results obtained $p = 0.005 < 0.05$. The conclusion, there is a relationship between knowledge about nutrition and wound healing after SC with a significance value of 0.005. Increasing one's knowledge can be done by providing counseling on the importance of nutrition and personal hygiene.

Keywords: Nutrition Knowledge; Sectio Caesarea; Wound

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INTRODUCTION

Childbirth is the time awaited in the process of pregnancy. In this phase it is hoped that everything will run smoothly, but sometimes problems arise with complications in the delivery process that require surgery in an effort to save the mother and baby. Sectio caesarea is a labor process that is carried out by giving birth to a fetus by making an incision in the uterine wall through the front wall of the abdomen or vagina to deliver the fetus from inside the mouth of the uterus⁴.

Childbirth with action every year the incidence continues to increase, especially in people with middle and high incomes. In Indonesia, delivery with action is generally performed when there are complications in normal delivery, as an action to minimize complications during delivery due to pregnancy problems. Currently, delivery with action is also a safe route for childbirth without indications which he considers easy and comfortable⁵.

The act of giving birth by surgery has an impact on injuries due to incisions in the abdomen and its lining. basically wound healing and its variations depending on the location, depth and how severe the incision is. The wound will heal and dry through cell growth which returns to its original structure. There are several factors that can speed up the wound healing process, namely age, patient activity, obesity, stress, and nutritional status⁶.

World Health Organization (WHO) states that the average cesarean section operation in 2020 is 5-15% of 1000 births in the world. According to Ministry data Ministry of Health in 2020 mothers in Indonesia who gave birth by sectio caesarea 927,000 out of 5,017,552 deliveries⁷. Based on data obtained from the Jombang Hospital in 2016 there were 804 deliveries with surgery, while in 2017 it increased to 974 actions⁸.

Nutritional intake is one of the factors for accelerating postpartum wounds with surgery, because according to theory the wound will heal quickly with high intake of protein, vitamins and minerals in the body. Collagen, which is included in protein, comes from amino acids obtained from fibroblasts sourced in the protein eaten. Meanwhile, vitamin C is used to produce collagen. Vitamin A itself is responsible for minimizing the adverse effects of steroids on wound healing. Which means that postoperative secio caesarea mothers must increase their nutritional intake, especially vitamins A and C and minerals to regenerate new tissue in the wound healing process⁴.

METHOD

The research design uses a survey of the Independent Variable Knowledge of Nutrition, while the Dependent Variable is Post SC Wound Healing. In this study, Spearman's correlation was used with a p value <0.05. The population was post SC mothers on the 7th day who gave birth and had a control at

Jombang Hospital in June 2020, with a sample of 36 respondents and sampling using purposive sampling. This data was taken using a questionnaire and checklist.

RESULTS

Table 1. Distribution of Mother’s Knowledge About Nutrition

No.	Knowledge Category	Frequency	Percentage
1.	Good	17	47,2%
2.	Enough	18	50%
3.	Lacking	1	2,8%
4.	Not Good	-	0%
Total		36	100%

The table shows that 17 people (47.2%) have good knowledge and 1 person (2.8%) has lacking knowledge.

Table 2. Distribution of Post SC Wound Healing

No.	Wound Healing Post SC	Frequency	Percentage
1.	Good	19	52,8%
2.	Lacking	17	47,2%
3.	Bad	-	0%
4.	Very bad	-	0%
Total		36	100%

Based on the table that experienced good healing as many as 19 people (52.8%). Lacking wound healing as many as 17 people (47,2%).

Table 3. Correlation between Mother’s Knowledge about Nutrition and Post SC Wound Healing

No.	Knowledge of Nutrition	Wound Healing Post SC								Total	
		Good		Lacking		Bad		Very bad		N	%
		N	%	N	%	N	%	N	%	N	%
1.	Good	13	36,1	4	11,1	0	0	0	0	17	47,2
2.	Enough	6	16,7	12	33,3	0	0	0	0	18	50
3.	Lacking	0	0	1	2,8	0	0	0	0	1	2,8
4.	Not Good	0	0	0	0	0	0	0	0	0	0
Total		19	52,8	17	47,2	0	0	0	0	36	100

Based on the table above, it shows that most of the respondents who had good knowledge of nutrition experienced less wound healing as much as 11.1%, adequate knowledge experienced less wound healing as much as 33.3%, while poor knowledge experienced poor healing as much as 2.8%.

Based on the analysis to find out the relationship between maternal knowledge about nutrition and post SC wound healing with the help of SPSS, it can be concluded that the results of the statistical test between maternal knowledge about nutrition and post SC wound healing had a significant value $p = 0.005$ where $\alpha = 0.05$ resulted in $p = 0.005 < 0.05$ so that H_0 is rejected, which means there is a relationship between the mother's knowledge about nutrition and wound healing after SC.

DISCUSSION

The results of this study showed that 17 people (47.2%) had good results about maternal knowledge about nutrition, 18 people (50%) had enough, and only 1 person (2.8%) was lacking. This affects the wound healing of the SC surgery. High educational status will be able to receive and know about health sciences in which there is also information about fulfilling nutrition for post SC mothers. This will affect the knowledge of a post SC mother to choose food as a fulfillment of nutrition during the recovery process⁹.

It is common for the acceleration of wound healing after Sectio Caesaria to be influenced by good nutrition. There are several suggestions to speed up the healing process of SC wounds by consuming more foods high in protein, which are expected to be able to replace dead skin cells, and it is also recommended to drink lots of water and balanced with adequate rest⁵.

A person's nutritional intake can be seen from his physique. Although the benchmark of a person's nutritional level can be seen from the weight according to height, age and body frame. However, other tissues can also be used as a benchmark for improving a person's nutritional status and nutritional adequacy in the body. The amount and quality of nutrition as well as the frequency must be in accordance with the needs of the body and adequate nutrition is fulfilled¹⁰.

Fulfillment of adequate nutrition is able to provide timeliness in the process of wound healing. Because nutrients contain protein that can help renew damaged cell tissue or surgical wounds. Types of foods with high protein content can be found from egg whites. Egg white is believed to have a high protein content and is good for forming new cells in damaged tissue cells¹¹.

In the healing process of perineal wounds, the need for protein will increase which is useful for the inflammatory process and the development of granulation tissue. Protein will supply the amino acids needed for tissue repair and regeneration, so the body must have as much as 100 grams of protein per day to be able to properly neutralize wound healing¹².

The inflammatory process and the formation of granulation tissue will affect the wound healing process after the SC surgery. Protein will make amino acids to improve cell regeneration, therefore the body must have as much as 100 grams of protein per day to accelerate the recovery of post SC wounds¹³.

The ideal limit for optimal cell regeneration is expected to accelerate the post-SC wound healing process and minimize the occurrence of infection. However, there are also other factors that can affect wound healing, such as age, number of children, nutrition, and early activity¹⁴.

CONCLUSION

Mother's knowledge about nutrition was obtained by 18 respondents (50%) from 36 respondents enough knowledge. Most of the speed of post SC wound healing was good or 19 respondents. So it can be concluded that there is a relationship between mother's knowledge about nutrition towards post SC wound healing, the better a person's knowledge about nutrition, the better the speed of wound healing.

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