

Mother's Perceptions About Healing Of Perineal Wounds In Post Partum At Khairani Clinic Medan Marelán District

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ABSTRACT

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Correct treatment of perineal wounds caused by rupture or episiotomy due to birth trauma can prevent infection and speed up the healing process. Apart from wound care, nutrition and movement are also very supportive in speeding up the healing process of perineal wounds in post partum mothers. The research aims to obtain post-partum mothers' perceptions regarding perineal wound healing in terms of maternal nutrition, wound cleanliness (hygiene) and movement as soon as possible (early mobilization). This type of research is cross sectional, the sample method is total sampling with a population of all mothers who gave birth normally at the Khairani Clinic, namely 33 people, the research was conducted in May 2023. The results of research on mothers' perceptions of nutrition regarding the healing of perineal wounds during post partum were not good, amounting to 16 people (48.5%), the mother's perception about wound cleanliness (hygiene) is not good, namely 16 people (38.5%), the mother's perception about moving as soon as possible (early mobilization) is not good, namely 12 people (36.4%) . Post Partum mothers' overall perception of perineal wound healing was 12 people (36.4%), 14 people had a good perception (42.4%) and 7 people (21.2%) had a poor perception. Post Partum mothers' overall perception of perineal wound healing was 12 people (36.4%), 14 people had a good perception (42.4%) and 7 people (21.2%) had a poor perception. It is hoped that post partum mothers will increase their perception about perineal wound healing during post partum, especially regarding nutrition, cleanliness and perineal wound care (Hygiene) and movement as soon as possible (early mobilization) so as to speed up the healing process of perineal wounds.

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1. INTRODUCTION

Based on WHO data (2014), around 80% of maternal deaths are the result of increased complications during pregnancy, childbirth and after delivery. In the world, every minute a woman dies due to complications related to pregnancy and childbirth. In Indonesia, two mothers die every hour due to pregnancy, childbirth and postpartum. Based on SKRT (2013), Indonesia's Maternal Mortality Rate (MMR) reached 307/100,000 live births.

Various programs have been implemented to reduce the MMR, but in reality the MMR could only be reduced to 307/100,000 in 2013. Subsequent developments show that this figure has decreased again to 290.8 per hundred thousand live births in 2015. One of the factors that The effect on maternal mortality is the occurrence of post-partum infections due to inadequate wound care when the care is carried out by the mother herself after returning home (Ministry of Health, 2014).

Apart from that, post partum infections that occur in Indonesia rank 3rd (11%) in the cause of maternal death after bleeding and eclampsia. One of the causes of postpartum infections is perineal wound infection which is caused by the mother's lack of perception in caring for perineal wounds independently.(Sukma Wijaya, 2018).

According to Ida bagus (2018), Apart from wound care, adequate nutrition such as protein really helps the wound healing process. If nutrition is not met, it can cause hemoglobin levels in the blood to decrease, causing 70% of women to experience mild anemia and 4-5% to experience severe

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anemia. Anemia will affect the wound healing process because the lack of hemoglobin levels in the blood can slow down the wound healing process.

According to (2018), only 45% -50% of service systems provide perceptions about postpartum perineal wound care. Even though more than $\frac{3}{4}$ of the 1161 women asked questions in one study, 80% wanted information about early ambulation exercises, diet, and perceptions about wound care that can improve tissue recovery and speed up the wound healing process. When researchers visited student work practices at a clinic in the Medan Marelan area, researchers saw that post partum mothers paid little attention to the cleanliness of wounds after giving birth. They consider the length of the wound healing process to be normal and there is no need for special obstetrics to speed up the healing process of perineal wounds.

The author was interested in conducting research at the Khairani Clinic because many mothers gave birth at the clinic. Based on a survey conducted by researchers at the Khairani Clinic, Medan Marelan District, based on medical record data in 2023, there were 219 mothers who gave birth at the clinic, 47% primipara and 53% multipara. From the results of observations and interviews with 10 mothers who gave birth at the clinic, 7 mothers were found to have wounds that were still wet and 3 were found to have wounds that were starting to improve. Of the 7 people, it was discovered that the mother only consumed vegetables without food containing protein such as fish and eggs, the wound was found to be unclean because it was rarely cleaned and the wound was still wet and several stitches were loose. they said it happened because of frequent excessive movements. Meanwhile, the other 3 people really maintain their diet according to their needs, the same as before giving birth, keep the wound area clean and do enough movement.

2. METHOD

The type of research was cross sectional and wanted to know the mother's perception of perineal wound healing during post partum at the Khairani Clinic, Medan Marelan District, 2023. The research was carried out at the Khairani Clinic, Medan Marelan District. The time this research was conducted was from March - May 2023. The population in this study was all mothers who gave birth normally at the Khairani Clinic, Medan Marelan District during the time the research took place, namely 33 respondents.

3. RESULTS AND DISCUSSION

Demographic Distribution Based on Age of Respondents at Khairani Clinic, Medan Marelan District

No	Mother's Age	F	%
1	< 20 Years old	1	3,0
2	20-30 Years old	23	69,7
3	> 30 Years old	9	27,3
Total		33	100

It is known that the majority of mothers who gave birth at the Khairani Clinic were aged 20-30 years with a total of 23 people with a percentage of 69.7% of the 33 post partum mothers and the minority were aged < 20 years with the number of 1 person with a percentage of 3.0% of 33 post partum mothers.

Demographic Distribution Based on Respondents' Education at the Khairani Clinic, Medan Marelan District

No	Mother's Education	F	%
1	elementary school	1	3,3
2	JUNIOR HIGH SCHOOL	11	33,3
3	SENIOR HIGH SCHOOL	11	33,3
4	D3	6	18,2
5	S1	4	12,1
Total		33	100

It is known that the majority of mothers who gave birth at the Khairani Clinic had junior high school education, 11 people (33.3%), and 11 people (33.3%) of high school, out of 33 post partum mothers and 1 person had an elementary school education (3, 0%) from 33 post partum mothers.

Demographic Distribution Based on Respondents' Occupation at the Khairani Clinic, Medan Marelan District

No	Mother's Job	F	%
1	Housewife	3	39,4
2	Self-employed	9	27,3
3	Laborer	7	21,2
4	Government employees	4	12,1
Total		33	100

It is known that the majority of mothers who gave birth at the Khairani Clinic worked as housewives, 13 (39.4%) of the 33 post partum mothers who were respondents, and the minority worked as Civil Servants (PNS), 4 (12. 1%) of the 33 post partum mothers who were respondents.

Demographic Distribution Based on the Number of Deliveries at the Khairani Clinic, Medan Marelan District

No	Number of children	F	%
1	Primipara	16	48,5
2	Multipara	17	51,5
Total		33	100

It can be seen that the average number of mothers who gave birth to children (Primipara) was 16 people (48.5%) and those who gave birth more than once (Multipara) were 17 people (51.5%).

Distribution of Mothers' Perceptions about Healing Perineal Wounds in Post Partum at the Khairani Clinic, Medan Marelan District

No.	Mother's Perceptions About Perineal Wound Healing	F	%
1	Not good	4	12,1
2	Enough	22	66,7
3	Good	7	21,2
Total		33	100

It can be seen that the majority of mothers who gave birth at the Khairani Clinic had a fair perception of perineal wound healing, namely 22 people (66.7%) out of 33 respondents, and the minority had a poor perception of perineal wound healing, namely 4 people (12.1%) from 33 respondents.

Distribution of Mothers' Perceptions About Nutrition on Healing Perineal Wounds in Post Partum at the Khairani Clinic, Medan Marelan District

No	Mother's Perception of Nutrition	F	%
1	Not good	8	24,2
2	Enough	13	39,4
3	Good	12	36,4
Total		33	100

It is known that the majority of mothers who have adequate perceptions about nutrition are 13 people (39.4%) out of 33 respondents, while the minority of mothers who have poor perceptions about nutrition are 8 people (24.2%) out of 33 respondents.

Distribution of Mothers' Perceptions Regarding Wound Cleanliness (Hygiene) on Perineal Wound Healing in Post Partum at the Khairani Clinic, Medan Marelan District

No.	Mother's perception of wound cleanliness (hygiene)	F	%
1	Not good	10	30,3
2	Enough	12	36,4
3	Good	11	33,3
Total		33	100

It is known that the majority of mothers who have a sufficient perception of wound cleanliness (Hygiene) are 12 people (36.4%) out of 33 respondents, while the minority of mothers who have a poor perception of wound cleanliness (Hygiene) are 10 people (30.3%) from 33 respondents.

Frequency Distribution of Mothers' Perceptions Regarding Movement as Soon as Possible (Early Ambulation) on the Healing of Perineal Wounds in Post Partum at the Khairani Clinic, Medan Marelan District

No.	Mother's Perceptions about Early Ambulation	F	%
1	Not good	12	36,4
2	Enough	11	33,3
3	Good	10	30,3
Total		33	100

It is known that the majority of mothers who have a poor perception of movement as soon as possible (Early Ambulation) number 12 people (36.4%) out of 33 people, while the minority of mothers who have a good perception of movement as soon as possible (Early Ambulation) number 10 people (30.3%) from 33 people.

Mother's perception of perineal wound healing in post partum

From the analysis of data obtained during research on post partum mothers who gave birth at the Khairani Clinic, it is known that the majority of mothers who gave birth at the Khairani Clinic had adequate perceptions about healing perineal wounds, namely 22 people (66.7%), this was because During pregnancy, mothers diligently check their pregnancies and actively ask midwives about the care they should take during pregnancy and after giving birth. Meanwhile, those who have poor perception are caused by mothers not actively consulting health workers during pregnancy or even after giving birth.

Mothers who give birth at the Khairani Clinic also have an average education level of junior high school, high school, some also have D3 or S1 education. Education is carried out to gain knowledge, the higher the education, the better a person's perception will be. However, from the research results it was found that there were 3 respondents who had D3 education but had a perception of perineal reception, this was because they were less active in checking themselves during pregnancy and did not want to know what to do after giving birth. This is due to busy work so that people forget about taking care of themselves during pregnancy and after giving birth. So they don't know what foods to consume, how to care for wounds and what post-partum mothers can do to speed up the healing process of perineal wounds.

Apart from the mother having to actively ask the midwife, the midwife also needs to pay attention to the client's condition during the visit after the patient returns home. It is hoped that the visits made by midwives can help the healing process because apart from monitoring, midwives are expected to provide teaching about things that can speed up the wound healing process. In accordance with Bobak's opinion, at all (2014), the role of midwives begins as a midwife, teacher and advisor for patient/family.

Of the 33 post partum mothers who were respondents, there were 4 mothers who had poor perception. This is caused by mothers never having regular pregnancy checks and mothers never receiving counseling about post-partum care or it could also be caused by mothers being less active in seeking information or consulting midwives/health workers when carrying out Antenatal Care (ANC). during pregnancy or when mothers are going home from the clinic or hospital. So that post partum mothers' perceptions that were adequate or inadequate can be improved to become good.

It is hoped that midwives/health workers who are involved in assisting childbirth will pay more attention to the condition of post-partum mothers by providing knowledge about wound care, nutrition that needs to be consumed, and movements that need to be paid attention to after childbirth. With good maternal perception, it is hoped that the mother will be able to carry out care independently at home, consume nutritious food, and not make excessive movements which can slow down the healing process of perineal wounds.

Maternal perception of nutrition in perineal wound healing

From the research results, it is known that mothers who gave birth at the Khairani Clinic had adequate perceptions about nutrition in healing perineal wounds, namely 13 people (39.4%) of the 33 post partum mothers who were respondents. This could be caused by the activeness of post partum mothers in seeking information from more experienced people or from midwives/health workers who provide assistance during childbirth.

In general, post partum mothers know what food they need after giving birth. They need nutritious food for good breast milk production. However, post partum mothers who experience perineal rupture do not dare to consume foods such as meat, fish or eggs. They think that meat, fish or eggs can slow down the healing process of perineal wounds and can cause the wounds to itch. Itching is considered a reaction to infection. In fact, according to Indarty (2013), itching in the area around the stitches is normal and a sign of healing.

As a midwife, apart from providing care to post-partum mothers, midwives need to teach how to maintain the condition of the body after giving birth. Recommend consuming foods that can speed up the healing process of perineal wounds. And explains the impact that will occur if the mother lacks nutrition or substances that contain lots of nutrients that can speed up the body's recovery process, wound healing and exclusive breast milk production.

Maternal perception regarding wound cleanliness (Hygiene) in perineal wound healing

From the analysis of data obtained during research on post partum mothers who gave birth at the Khairani Clinic, it is known that the majority of mothers who gave birth at the Khairani Clinic had a sufficient perception of wound cleanliness (hygiene) regarding the healing of perineal wounds during post partum, namely 12 people (36.4%) of the 33 post partum mothers who were respondents. This could be caused by post partum mothers who give birth at the Khairani Clinic who want to seek information about perineal wound care from midwives/health workers or people who are experienced and have a good perception of things that can speed up the healing process. perineal wounds in post partum.

In general, the perception of post partum mothers who give birth at the Khairani Clinic is sufficient, but in practice they do not know how to treat perineal wounds. Changing tampons is only done when bathing, rarely cleaned using antiseptic and not given betadine. They only carry out wound care when the midwife/health worker who helps with the birth comes to check, after that the wound is left alone without paying attention to cleanliness. The visit is carried out to monitor the condition of the post partum mother, what is the condition of the stitches, if any, the condition of the wound, whether there is an infection or has improved, as well as bathing, taking care of the umbilical cord and seeing the condition of the baby, whether the baby has a fever, yellowing, etc.

When the midwife makes a home visit, the midwife monitors the condition of the wound, stitches, cleanliness of the wound and administers betadine to the wound area. Midwives/health workers also need to provide education and knowledge about how to care for and clean perineal wounds. So they know how to care for wounds well and they can do it themselves independently. Apart from that, midwives also need to explain the impacts that will occur if the wound is not treated properly, such as infection and death due to infection.

Some mothers are reluctant to treat perineal wounds themselves because they are afraid of touching the perineal area, so mothers prefer not to clean them because they know that this could cause infection. Apart from that, they also do not wash the perineal area using soap or antiseptic even though they know that washing with antiseptic can prevent infection. This is in accordance with the opinion of Bobak et al (2014), perineal care will increase comfort and safety (prevention of infection). And the Ministry of Health (2014), Post mothers are advised to care for the perineal area by keeping it always clean and dry, avoiding the use of traditional medicines, avoiding using hot water for soaking, washing using soap/antiseptic or clean water with running water. Meanwhile, according to Farrer, Helen (2021), the special care that needs to be given to women after giving birth is groin care. aims to relieve pain, promote healing and prevent infection. Wounds in the perineum are an area that is not easy to keep clean and dry and are susceptible to infection. Moist areas can speed up the process of bacterial growth in the wound area.

Perineal wound care greatly influences the wound healing process. According to Sinsin (2005), perfect wound healing is influenced by several things. The absence of infection in the vagina greatly facilitates healing. Perineal wound care aims to prevent infection due to tissue healing. Apart from that, the birth canal area is an area where blood and feces come out, close to places where urination or defecation occurs, which is susceptible to infection because this area is an open organ, making it easier for germs in this area to spread to the uterus.

Post partum mothers' perception of cleanliness of perineal wounds is quite good, they need to add a little insight and perception about how to care for perineal wounds independently. Preception is usually carried out in the form of counseling, giving examples of how to clean the perineal area so that post partum mothers can do it themselves independently. This can be done by the midwife/health worker who assists with the birth.

Maternal perception regarding movement as soon as possible (Early ambulation) in healing perineal wounds

From the analysis of data obtained during research on post partum mothers who gave birth at the Khairani Clinic, it is known that the majority of mothers who gave birth at the Khairani Clinic had a poor perception of movement as soon as possible (Early ambulation) regarding the healing of perineal wounds in the post partum period, namely 12 people (36.4%) of the 33 post partum mothers who were respondents. This is caused by a lack of perception resulting from post partum mothers being less active in seeking information about things that can speed up the wound healing process. They don't know how to prevent the wound from getting worse. Some of them think that moving as soon as possible is a daily activity such as sweeping the house, washing and doing other housework. For some of them, these activities are permissible, but some of them say that after giving birth, post-partum mothers are advised to take complete rest and not do any movement.

According to Smelzer (2013), what is meant by movement as soon as possible is movement carried out 8 hours after giving birth, the mother may tilt to the left and right to prevent blockage of blood vessels or thrombosis and thromboembolism. On the second day you can sit, on the third day you can walk and on the fourth or fifth day you can go home. According to Sinsin (2014), on the second day, if necessary, do Kegel exercises.

Kegel exercises are useful for helping/speeding up the healing of perineal lacerations (if any). Apart from that, it is also useful in preventing tearing of the perineum, reducing the possibility of urination problems such as incontinence after childbirth, reducing the risk of developing hemorrhoids (hemorrhoids), making the delivery process easier (muscles are strong and controlled) if done during pregnancy. According to Erlina (2018), Kegel exercises can be done by:

The mother lies on her back and her legs are bent, her hands are placed on top of her pressing on the stomach. Do chest breathing and then abdominal breathing, In the same position, lift your buttocks then put them back, Straighten and cross both legs and tighten the muscles to hold back micturition and defecation, Sit on a chair, slowly bend your body while your hands try to touch your heels.

As midwives who are involved in obstetrics, midwives are advised to provide education about the importance of early mobilization which can prevent blood vessel blockages or thrombosis or thromboembolism, can reduce lochea dams in the uterus, increase blood circulation around the genitals. However, mothers are not allowed to do excessive activities because this will hinder the care of the wound edges and interfere with the desired healing process (Smelzer, 2013).

4. CONCLUSION

Mothers' perceptions regarding healing of perineal wounds in post partum were sufficient, amounting to 22 people (66.7%) of the 33 post partum mothers who were respondents. Mothers' perception of nutrition regarding perineal wound healing in post partum was sufficient, amounting to 13 people (39.4%) of the 33 post partum mothers who were respondents. Mothers' perception of wound care (hygiene) regarding perineal wound healing in post partum is sufficient, namely 12 people (36.4%) of the 33 post partum mothers who were respondents. Mothers' perceptions regarding movement as soon as possible (Early Ambulation) regarding the healing of perineal wounds in post partum were poor, amounting to 12 people (36.4%) of the 33 post partum mothers who were

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respondents. For post partum mothers, it is hoped that they will be more active in asking or consulting about anything that can speed up the healing process of perineal wounds and it is hoped that post partum mothers will carry out what the midwife/health worker recommends. For midwives/health workers who work at the Khairani Clinic, Medan Marelan District, efforts are needed to provide knowledge and information about things that can help wound healing to post partum mothers regarding nutrition, wound cleanliness (hygiene) and movement as soon as possible (early ambulation).) which can help speed up tissue recovery and speed up the wound healing process, can be in the form of counseling during ANC, when the patient is going home from the clinic or it can also be in the form of giving lip therapy, watching videos about things that can speed up the wound healing process and monitoring the condition post partum mother until the condition is completely recovered and the wound is completely healed

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