

# Midwifery Care for Postpartum Mothers with Perineal Wounds through Nutritional Intervention with Gabus Fish Floss at TPMB Bd. Nilawarni

Dwi Feni Pebriani Br Tarigan<sup>1</sup>, Dina Aulia Putri<sup>2</sup>

Midwifery Study Program Asahan Campus, Putra Abadi Langkat University, Indonesia

---

## Article Info

### Keywords:

Midwifery care.  
Perineal wound  
Postpartum mother  
Snakehead fish floss

## ABSTRACT

The postpartum period is a critical phase requiring comprehensive midwifery care, particularly for mothers experiencing perineal wounds after vaginal delivery. Perineal wounds may cause pain, discomfort, limited mobility, and increase infection risk if not properly managed. Adequate nutritional intake, especially protein and albumin, plays an essential role in supporting the wound healing process. Snakehead fish (*Channa striata*) is a local food source with high protein and albumin content that may accelerate tissue regeneration. This study aimed to describe midwifery care for a postpartum mother with a perineal wound through the administration of snakehead fish floss. This study employed a descriptive qualitative case study design. The subject was a postpartum mother on day two, Ny. CP1A0, who experienced a perineal wound after normal vaginal delivery and received care at an independent midwifery practice in Asahan Regency. Data was collected through interviews, observation, physical examination, and medical record review. The intervention involved regular consumption of snakehead fish floss for seven days accompanied by education on perineal wound care and nutrition. The results showed reduced perineal pain and progressive wound improvement from moist to complete healing without signs of infection. In conclusion, snakehead fish floss represents a safe, practical, non-pharmacological nutritional intervention.

---

This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license



### Corresponding Author:

Dwi Feni Pebriani Br Tarigan  
Putra Abadi Langkat University  
Jl. Prof M. Yamin No.45 Kisaran  
[dwietarigan1991@gmail.com](mailto:dwietarigan1991@gmail.com)

---

## INTRODUCTION

The postpartum period is a crucial phase in a woman's reproductive cycle, beginning immediately after the delivery of the placenta and lasting until the uterus returns to its pre-pregnancy state, which generally takes six weeks or 42 days. This period requires intensive medical attention, especially in monitoring the mother's physical recovery after childbirth. One of the most common complications is perineal laceration, whether caused by spontaneous rupture or episiotomy. These lacerations cause tissue damage that often results in severe pain, discomfort during activities, and the risk of infection if not managed with proper midwifery care.

Globally, the prevalence of perineal tears is very significant; World Health Organization (WHO) data from 2020 recorded 2.7 million cases of perineal tears in mothers giving birth. In Indonesia, this figure reaches 83% in mothers who give birth vaginally. Specifically, in North Sumatra, perineal tears accounted for 19% of all normal deliveries, while local data from TPMB Bd. Nila Warni showed an incidence rate of 41.67% between January and June 2021. This high incidence rate underscores the need for effective interventions to accelerate tissue healing.

The healing of perineal wounds is greatly influenced by nutritional adequacy, especially protein and albumin intake, which play a vital role in tissue regeneration and new cell formation. Snakehead fish (*Channa striata*) has long been known as a source of high protein and albumin that can boost immunity and accelerate wound recovery. However, there is a research gap regarding consumption compliance; many postpartum mothers are reluctant to consume snakehead fish in its fresh or boiled form due to issues with its fishy odor, taste, and texture, which do not align with their preferences. Therefore, the innovation of processing snakehead fish into abon (dried shredded fish) presents a strategic alternative to enhance acceptability and ensure that the nutritional needs of postpartum mothers are met.

This study is important to provide clinical evidence regarding the effectiveness of giving snakehead fish floss in the context of comprehensive midwifery care. Through this approach, it is hoped that the wound healing process can be more optimal, reduce pain levels, and prevent postpartum infection complications. Based on this urgency, this case study focuses on the provision of midwifery care to Mrs. C, a postpartum mother on her second day with a perineal wound at TPMB Bd. Nila Warni, Asahan Regency, through nutritional intervention based on snakehead fish floss.

In the past five years, research on this topic has generally used case study methodology with a qualitative descriptive approach that focuses on the comprehensive application of midwifery care management, from the assessment stage to clinical evaluation. Research trends show a shift towards non-pharmacological interventions, with data collection through direct observation of perineal wound development, for example, changes in wound condition from wet to dry, as well as subjective interviews related to the pain scale felt by postpartum mothers. However, recent literature consistently recommends strengthening research methodology using experimental designs with control groups and larger sample sizes in order to obtain stronger and more generalized scientific evidence.

Literature synthesis shows that snakehead fish (*Channa striata*) has high protein and albumin content, which plays an important role in tissue regeneration and new cell formation in perineal wounds. Several studies report that intervention for seven consecutive days can accelerate clinical wound healing, achieving complete healing on the 9th day postpartum. However, the acceptability of fresh fish, such as its fishy smell and unappealing texture, has prompted innovation in the form of shredded fish. This form of preparation has been shown to increase compliance in postpartum mothers without reducing nutritional value, making it a trend in recent research.

On the other hand, literature also shows differences in focus regarding the dominant factors in perineal wound healing. Some studies emphasize that tissue damage is more influenced by technical factors during childbirth, such as improper pushing techniques or episiotomy, while other studies place nutritional factors—particularly the administration of gabus fish floss—as the key to accelerating recovery. In addition, several sources assert that wound healing is multifactorial, influenced by a combination of nutritional intake, early mobilization, adequate wound care, and optimal pain management, so that nutritional intervention cannot stand alone without the support of appropriate physical midwifery care.

Overall, the literature from 2020–2025 confirms that feeding snakehead fish floss is an effective supportive intervention in midwifery care to accelerate the healing of perineal wounds in postpartum mothers. However, there is still a research gap in the form of a need for experimental research with a more rigorous design to clearly separate the effects of snakehead fish nutrition from the body's natural healing process and other hygiene and care factors.

## METHODS

This study uses a case study design with a qualitative descriptive approach, which is a research method that aims to explore an issue in depth with clear boundaries. This approach is used to systematically describe the application of midwifery care management, which consists of seven steps: assessment, diagnosis, identification of potential problems, anticipation of immediate action, planning, implementation, and evaluation of care.

In this qualitative case study, the researcher did not involve a large population but focused the research on one subject as a sample. The research subject was Mrs. C, a P1A0 postpartum mother on her second day who had a perineal wound after a normal delivery and received care at TPMB Bd. Nila Warni, S. Keb, Asahan Regency. The study was conducted in June 2025 with an observation period of seven days to assess the effectiveness of the intervention on an ongoing basis.

Data collection was carried out using several techniques to obtain accurate primary and secondary data. Interview techniques were used to explore subjective data from the subject, such as pain complaints, delivery history, and eating patterns. Direct observation was carried out periodically to monitor the physical development of the perineal wound and the mobility of postpartum mothers during the care period. In addition, physical examinations were carried out by inspecting the perineal wound area to assess the condition of the wound (wet or dry), examining lochia, and monitoring vital signs. Supporting data was also obtained through a study of medical records at the TPMB to complete the subject's pregnancy and delivery history.

The intervention given to the subjects was the consumption of gabus fish floss three times a day for seven consecutive days. In addition to nutritional intervention, the researchers also provided education on the proper care of perineal wounds and the importance of adequate nutrition in supporting the healing process of postpartum wounds.

Data analysis was performed using descriptive comparative methods by comparing the clinical conditions of the subjects before and after the intervention. The researchers analyzed changes in initial conditions, such as wet perineal wounds and severe pain, with conditions

after the intervention, namely wounds that began to dry up and heal and a reduction or disappearance of pain. The results of observations and physical examinations were then interpreted with reference to medical theories related to the role of protein and albumin in snakehead fish in the tissue regeneration process to draw clinical conclusions.

During the research, midwifery ethics principles were upheld. The research was conducted with informed consent from the subjects, maintaining patient confidentiality, and obtaining official permission from the relevant research sites, so that the research could be carried out in accordance with midwifery ethics and professionalism.

## RESULTS AND DISCUSSION

The subject of this study was a woman in her second day of postpartum, Mrs. C, with a parity of P1A0. The mother was within the healthy reproductive age range. The postpartum period experienced was in the early postpartum period, namely 0–7 days after delivery. The type of delivery experienced was normal vaginal delivery with postpartum perineal laceration.

These characteristics indicate that the subject is in a physiological condition that allows for optimal recovery with the support of appropriate midwifery care, including high protein and albumin nutrition to aid in the healing of perineal lacerations.

**Table 1.** Characteristics of Research Subjects

No	Characteristics	Description
1	Age	Reproductive age (20–35 years)
2	Parity	P1A0
3	Postpartum day	Day 2 postpartum
4	Type of delivery	Normal vaginal delivery

The subject of this study was a woman in her second day of the postpartum period, Mrs. C, with a parity of P1A0 who experienced a perineal laceration after a normal delivery. The woman was in the early postpartum period and received midwifery care at the Bd. Nilawarni Maternity Clinic in Asahan District. The subject was selected based on criteria relevant to the research objectives, namely a postpartum mother with a perineal wound requiring midwifery care intervention to aid the wound healing process.

### Mother's Subjective Complaints

During the initial assessment, Mrs. C, who was on her second day of postpartum, complained of pain in the perineal area, especially when moving, sitting, and when urinating or defecating. The mother also stated that she felt uncomfortable and tended to limit her activities because she was worried about pain in the perineal wound.

### Condition of the Perineal Wound

The objective examination showed a postpartum perineal wound that was still wet, with edges that had not yet completely closed and no signs of optimal healing. There were no signs of infection such as excessive redness, swelling, or purulent discharge.

### Vital Signs and General Condition

Vital sign examination showed that the mother's condition was within normal limits. Blood pressure, pulse rate, respiratory rate, and body temperature were within physiological ranges. The mother's general condition appeared good; she was fully conscious, able to communicate well, and showed no signs of postpartum complications.

**Table 2.** Initial Assessment Results of Postpartum Mother

No	Assessment Aspect	Findings
1	Subjective complaints	The mother complained of perineal pain, especially when moving, sitting, and during urination or defecation
2	Perineal wound condition	Perineal wound was still moist, wound edges not fully approximated, no signs of infection observed
3	Vital signs	Blood pressure, pulse, respiratory rate, and body temperature within normal limits
4	General condition	Mother is in good general condition, fully conscious, able to communicate well

During the midwifery care, Mrs. C's postpartum condition showed positive developments. On the second day postpartum, she still complained of pain in the perineal area, especially when moving, sitting, and when urinating and defecating. The condition of the perineal wound in the early stages still appeared wet and did not show signs of optimal healing. The lochia that came out at this stage was lochia rubra.

After receiving midwifery care accompanied by regular consumption of gabus fish floss, there was a gradual decrease in the intensity of perineal pain. On the 6th day postpartum, the mother stated that her perineal pain had decreased and she began to feel more comfortable in carrying out her daily activities. Perineal examination showed that the wound had begun to dry with early signs of healing. The lochia was still in the rubra phase and showed no abnormal signs.

On the 9th day postpartum, the mother no longer felt pain in the perineal area. The perineal wound appeared to have healed with the perineum returning to normal. The lochia had changed to serous lochia, in accordance with the physiological process of uterine involution. The mother responded positively to the consumption of snakehead fish floss, stating that it was easy to consume, did not cause discomfort, and felt the benefits in accelerating the recovery of her physical condition and the healing of the perineal wound.

Based on observations during the postpartum care period, the development of the perineal wound in Mrs. C showed a gradual healing process in accordance with the physiology of the postpartum period. On the second day postpartum, the perineal wound was still wet with the edges of the wound not yet completely fused. The mother complained of pain, especially when moving and performing activities, but there were no signs of infection such as excessive redness, swelling, or purulent discharge.

On the 6th day postpartum, the condition of the perineal wound showed improvement. The wound began to appear dry, the pain decreased, and the mother felt more

comfortable in carrying out her daily activities. The wound healing process proceeded without complications, and no signs of infection were found. This condition indicated that the proliferation phase was progressing well.

On the 9th day postpartum, the perineal wound was declared healed. The edges of the wound had fused well, the perineum appeared normal, and the mother no longer felt pain. The healing process was optimal and in line with the physiological changes of the postpartum period. These results indicate that the midwifery care provided, including the intervention of consuming gabus fish floss, contributed to supporting the healing process of the perineal wound.

**Table 3.** Description of Perineal Wound Healing Progress Based on Observation Days

Observation Day	Perineal Wound Condition	Pain Complaint	Healing Progress Description
Day 2 postpartum	Wound moist, wound edges not fully approximated	Perineal pain present	Early phase of healing, no signs of infection observed
Day 6 postpartum	Wound started to dry, tissue condition improving	Pain decreased	Healing process progressing, early tissue regeneration
Day 9 postpartum	Wound healed, perineum returned to normal condition	No pain reported	Wound completely healed, recovery within physiological limits

The healing of perineal wounds in postpartum mothers is influenced by adequate wound care and optimal nutrition. Nutrition, especially protein and albumin, plays an important role in tissue regeneration and new cell formation during the wound healing phase. Adequate protein intake can accelerate the healing process and reduce the risk of complications, such as infection and delayed healing.

Snakehead fish (*Channa striata*) is known to have high protein and albumin content. In this case study, regular consumption of snakehead fish floss during the postpartum period showed a positive effect on the healing process of perineal wounds. This was indicated by a decrease in pain complaints, a change in wound condition from wet to dry, and complete healing within the observation period. These findings are in line with previous studies stating that albumin plays a role in accelerating tissue regeneration and improving wound healing quality.

The success of this intervention is also supported by comprehensive midwifery care. Education on perineal wound care, personal hygiene, and the importance of nutritional

fulfillment was provided continuously. Monitoring during the postpartum period allowed midwives to assess wound development and ensure there were no signs of infection. The mothers' compliance in consuming gabus fish floss and following midwifery care recommendations also contributed to optimal healing results.

However, this study has limitations because it uses a case study design with a limited number of subjects, so the results cannot be generalized. Nevertheless, the results of this study provide an overview that catfish floss can be a potential non-pharmacological nutritional intervention alternative to support midwifery care for postpartum mothers with perineal wounds, especially in independent midwifery services.

## CONCLUSION

This study concludes that midwifery care accompanied by nutritional intervention using snakehead fish floss contributes positively to the healing of perineal wounds in postpartum mothers. Regular consumption of snakehead fish floss was associated with a reduction in perineal pain and a progressive improvement in wound condition from moist to complete healing during the observation period. The high protein and albumin content of snakehead fish supports tissue regeneration and accelerates the wound healing process. Therefore, snakehead fish floss can be considered a safe and practical non-pharmacological nutritional intervention to support postpartum care for mothers with perineal wounds in independent midwifery practice settings.

## REFERENCE

- Afriani, et al. (2020). Kandungan protein dan albumin tinggi pada ikan gabus (*Channa striata*) untuk meningkatkan daya tahan tubuh.
- Aisyiyah, A. P., & Nuzuliana, R. (2024). Pentingnya perawatan pada masa nifas.
- Arlenti, L. (2021). Manajemen pelayanan kebidanan. Bengkulu: STT.M.Kes.
- Asma, E. I. (2022). Asuhan kebidanan post natal pada Ny. J dengan nyeri luka perineum. Dinas Kesehatan Provinsi Sumatera Utara. (2020). Data jumlah kasus ibu dengan ruptur perineum di Provinsi Sumatera Utara. Medan: Dinkes Sumut.
- Fitri, E. (2023). Pemberian konseling pada ibu nifas hari ke 29-42 menggunakan ABPK di PMB Ernita Kota Pekanbaru tahun 2022. *Journal of Midwifery*, 3(1).
- Irine, D. (2023). Waspada, ini 7 risiko kesehatan yang sering terjadi saat masa nifas. *KlikDokter*.
- Klaudia, A. I. (2021). Penyembuhan luka perineum dengan konsumsi ikan gabus pada ibu post partum.
- Kusuma, & Dian. (2020). Gangguan rasa tidak nyaman dan robekan jaringan pada luka perineum.
- Nurhayati, D., dkk. (2023). Angka kejadian ruptur perineum pada ibu bersalin di Indonesia.
- Pebriani, D. F., & Putri, D. A. (2025). Asuhan kebidanan pada ibu nifas 2 hari Ny. C P1A0 luka perineum dengan pemberian abon ikan gabus untuk membantu penyembuhan di TPMB Bd. Nilawarni Kab. Asahan. *Langkat: Universitas Putra Abadi Langkat*.

- Pratiwi, F. (2024). Gambar faktor risiko terjadinya perdarahan pasca persalinan. *Jurnal Kesehatan*, 5(1).
- Rekam Medis TPMB Bd. Nila Warni S.Keb. (2025). Data angka kejadian ibu post partum dengan luka perineum periode Januari-Juni 2021. Asahan.
- Selvianti, D. (2021). Pengaruh mengkonsumsi abon ikan gabus untuk mempercepat penyembuhan luka perineum pada ibu nifas.
- Siahaan, J. (2024). Hubungan pengetahuan ibu tentang meneran dengan ruptur perineum pada persalinan. *Jurnal Ilmu Kebidanan*, 6(1).
- Universitas Putra Abadi Langkat. (2025). Pedoman manajemen asuhan kebidanan pada ibu nifas dengan luka perineum. Langkat.
- World Health Organization. (2020). *Global report on rupture perineum cases in maternal health*. Geneva: WHO.