

P-03

## APPLICATION OF EARLY MOBILIZATION TOWARDS WOUND HEALING POSTCAESAREA SECTIO OPERATION PATIENTS

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### ABSTRACT

**Introduction:** Sectio Caesarea is a medical action to expel the fetus with certain indications that cause an incision in the abdomen, so that it requires nursing action to speed up the wound healing process. One of these actions is to help the patient to mobilize early which is carried out in stages starting with simple movements for 24 hours with the aim of accelerating wound healing, preventing thrombosis and thromboembolism so that the patient's physiological needs are met. **Method:** This study uses case studies to explore the application of early mobilization to wound healing in post Sectio Caesarea operating patients. The subjects in this study were post Sectio Caesarea operating patients using assessment sheets, observation sheets and Standard Operating Procedures (SOP) for early mobilization with the stages of early mobilization starting from simple movements until the patient was able to walk. This preparation starts from February to March 2023. **Result:** This application shows that after early mobilization the patient gradually experiences good wound healing. **Analysis:** After conducting the case study in the Flamboyan room of the Bayu Asih Hospital, Purwakarta for 2 days and 1 day with interviews via WhatsApp in postoperative Sectio Caesarea patients who were mobilized in stages, the results were that the post Sectio Caesarea operating wounds quickly improved with One Day Care technique. **Discussion:** The application of early mobilization to wound healing has an effect so that it can be applied by health workers as an effort to speed up the wound healing process after Sectio Caes

Keywords: Mobilization, Wound Healing, Sectio Caesarea

### INTRODUCTION

A medical procedure called Sectio Caesarea is an action to assist childbirth in certain conditions, such as when the mother's health is threatened and the fetus is in poor condition. If a normal delivery cannot be carried out then a Sectio Caesarea delivery is carried out at the request of the patient or doctor. (Ayuningtyas, Dumilah, 2018)

The World Health Organization states that the average rate of Sectio Caesarea surgery is between 5 to 15%. According to WHO data from the Global Survey on Maternal and Perinatal Health, 46.1% of births are Caesarean section operations. (WHO, 2019)

In Indonesia, the incidence of births using the Sectio Caesarea method is 17% of the total number of births in health institutions. This indicates an increase in the number of deliveries carried out using the Sectio Caesarea technique. (SDKI, 2017)

Based on data obtained from the Bayu Asih Hospital, Purwakarta, in the report data of the 20 most diagnoses in the flamboyant room, 20 diagnoses emerged from 290 patients in the category Delivery By Caesarean Section Unspecified 39 patients (13.45%), Delivery By Elective Caesarean Section 11 patients (3.79 %) and Delivery By Emergency Caesarean Section 5 patients (1.72%). (SIRS, 2022)

The increased risk of infection, uterine rupture and bleeding, giving birth via Sectio Caesarea requires an incision that must be taken into account for the degree of wound healing. Nutrition, age, obesity, medication, and early mobilization which are thought to speed up the healing process are several factors that influence wound healing. If early mobilization is not carried out as quickly as possible, complications of thrombosis and thromboembolism can occur. This

early mobilization allows blood circulation to return smoothly. (WHO, 2015)

One thing that helps the wound healing process, preventing thrombosis and thromboembolism, the possibility of reduced functional ability, infection, etc., is early mobility. Early mobilization can improve lung function, reduce the danger of blood clot formation, and allow clients to perform to their maximum physiological potential in the wound healing or post-operative wound rehabilitation phase. (Hanifah, 2015)

The patient's wound healing process can be helped by mobilization because moving the body parts will avoid muscle and joint stiffness, which will reduce discomfort and increase blood flow to the wound area and speed up wound healing. (Fitriani, 2017)

One of the things that is often found in patients with post-operative Sectio Caesarea is that the mother does not want to move, is afraid to move, and the mother feels pain, so the formulation in this case study is what is the effect of implementing Early Mobilization on Wound Healing in Patients Post-Operation Sectio Caesarea?

The general aim of this research is to determine the effect of implementing early mobilization on wound healing in post-operative Sectio Caesarea patients in the Flamboyan Room at Bayu Asih Regional Hospital, Purwakarta.

## METHOD

This research uses a case study to explore the application of early mobilization to wound healing in post-operative Sectio Caesarea patients. The number of respondents in the study was 1 mother patient 2 hours after Sectio Caesarea surgery.

The preparation of this case study began with filling out an informed consent sheet as an agreement as to whether the respondent was willing to be a subject in this research or not, then carried out assessments, interviews and direct observation of wound healing before and after early mobilization. This early mobilization action is carried out in stages starting from simple movements such as moving the ankle until the patient is able to walk independently. This case study was carried out in the Flamboyan room at Bayu Asih Regional Hospital, Purwakarta.

There are 5 ethical principles that must be applied, namely: Confidentiality, namely keeping all information about respondents in the case study confidential. Benefits: The benefits of early mobilization for respondents are to speed up the wound healing process. Justice: researchers carry out early mobilization in a fair manner according to law, standards and beliefs so as to provide good health services. This early mobilization action is non-harmful (Non-Maleficent) in accordance with the agreed Standard Operating Procedures (SOP) so that it does not have a harmful impact on respondents both physically and psychologically. Autonomy: Researchers respect respondents' freedom in making decisions.

The form of ethics carried out by researchers in this case study was to carry out permits which were carried out at the Health Research Ethics Committee of STIKes Budi Luhur Cimahi on February 24 2023 number 29/D/KEPK-STIKes//II/2023 with the results permitted and submitted to the research site. namely Bayu Asih Purwakarta Regional Hospital, research title "Implementation of Early Mobilization on Wound Healing in Post Section Caesarea Patients".

## RESULT

Data collection began on March 1 2023 at 12.00 WIB, data was obtained that the client had P2A0 Post Sectio Caesarea 1 hour ago. The author conducted studies, interviews, observations and informed consultations and provided an explanation regarding early mobilization. The results of the assessment showed that the results of early mobilization and then conducting assessments, interviews and observations showed that the client still felt pain, had difficulty moving and was afraid to move with the wound covered by verband. The author implemented early mobilization in accordance with the SOP at Bayu Asih Purwakarta Regional

Hospital with the following results:

**Table 1: Result of Mobilization Ability**

No	Type of Mobilization	Capable of Mobilization	Incapable of Mobilizaation
1.	Abduction and adduction of the upper extremities and lower extremities	Client is able to abduct and adduct both extremities	-
2.	Right tilt and left tilt	Client is able to tilt right and tilt left	-
3.	Fowler's and semi-Fowler's position	Client is able to perform Fowler's and semi-Fowler's position	-
4.	Sitting position	Client is able to sit on the edge of the bed	-
5.	Standing position	Client is able to stand	-
6.	Walk around the bed	Client is able to walk around the bed	-

Healing with REEDA examination was good. On the first day of each procedure, there is no redness, no swelling, no blueness and no fluid discharge in the wound area. Tight tissue and wounds are covered by verband. On the second day there were no complaints from the patient, the condition of the wound was no redness, no swelling or blueness and there was no discharge from the wound area. Tight tissue and wounds are covered by verband. On the eleventh day the condition of the wound was good, there was no redness, no swelling and no blueness and there was no discharge from the wound area. The stitches are not open and the tissue is tight.

## DISCUSSION

The application of early mobilization for wound healing was carried out on Mrs. This nursing action has a faster effect on wound healing. Then, by carrying out early mobilization, the results showed that there was an effect of applying early mobilization on wound healing, where the wound had no seepage and swelling and the patient was able to mobilize early for 24 hours.

This early mobilization begins when the patient is post Sectio Caesarea surgery which is carried out starting from the first 1 hour post Sectio Caesarea gradually starting from moving the upper extremities and lower extremities, tilting right and tilting left, semi fowler position, sitting position, standing and walking around the place sleep within 24 hours in accordance with the SOP that has been determined by the Bayu Asih Purwakarta Regional Hospital using the One Day Care treatment method.

Based on the theory in the Perioperative Nursing book, it is stated that post-spinal anesthesia patients lie in a supine position (bed rest) for 24 hours, but according to the anesthetist from Bayu Asih Regional Hospital, they say that after 2 hours the patient is allowed to do simple movements and after 4 hours the patient is allowed to tilt right and tilt left.

Factors that influence the wound healing process in post-operative Sectio Caesarea patients are 75% influenced by mobilization, 75% personal hygiene and 47% influenced by nutrition. Thus, early mobilization directly impacts the healing process of maternal wounds after Sectio Caesarea surgery. (Puspitasari & Sumarsih T, 2012)

Mrs. R's healing of wounds was in accordance with her phase. In a physiological process known as wound healing, injured skin tissue (wounds) can be repaired by the body

itself. The inflammatory phase, proliferation phase, and remodeling phase are three phases that form the various stages of the wound healing process.

The application of early mobilization to mothers' post Sectio Caesarea surgery in this research was effective in healing wounds in Mrs. R. So, it can be concluded that in this study, early mobilization was carried out for 24 hours in accordance with the SOP of the Bayu Asih Purwakarta Regional Hospital using the One Day Care is effective and has an effect on the wound healing process.

## **CONCLUSIONS AND SUGGESTIONS**

Based on the results of the case study after implementing early mobilization for wound healing in post-operative Sectio Caesarea patients in the Flamboyan room at Bayu Asih Regional Hospital, Purwakarta, it can be concluded that this application is effective in speeding up the wound healing process with the result that the patient is able to move, is able to mobilize early well and the results are good. The wound is good, there is no redness in the wound, the wound has dried up, there is no swelling in the wound, there is no blueness, there is no bleeding or fluid leakage from the wound, the skin in the incision area is thickened and the wound is brownish, the condition of the stitches is not open and the tissue is tight and there have been no complaints from clients.

Theoretical suggestions from the results of this case study report can increase sources of knowledge by developing knowledge and further exploring relevant theories to be used in research so that they can be used as reference material for future researchers regarding the application of early mobilization to wound healing in post-Section Caesarea surgery patients.

Practical suggestions from the results of this case study report can benefit all parties, especially for the Bayu Asih Purwakarta Regional Hospital so that it can improve services in providing nursing care to post-operative Sectio Caesarea patients, for STIKes Budi Luhur Cimahi so that it can develop the results of this case study to improve learning materials and make reference material for nursing courses, especially maternity courses, and future writers can use the results of this case study as a source of information for study material in providing nursing care to post-operative Sectio Caesarea patients with early mobilization nursing actions.

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