

**Program Studi Pendidikan Profesi Ners
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ABSTRAK

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Penerapan Teknik Mobilisasi Dini Pada Ibu *Post Sectio Caesarea* Terhadap Penyembuhan Luka Tahap Awal Di RSUD Tugurejo Semarang : Case Study.

Introduction (Pendahuluan)

Kejadian infeksi pada luka Post SC menyebabkan penyembuhan luka lebih lama. Penyembuhan luka dipengaruhi oleh karena hambatan mobilitas fisik pasien. Upaya untuk mempercepat penyembuhan luka Post SC yaitu melakukan mobilisasi dini. Penelitian ini dilakukan dengan tujuan untuk mengetahui efektifitas penerapan teknik mobilisasi dini pada Ibu Post Sectio Caesarea terhadap penyembuhan luka di RSUD Tugurejo Semarang.

Method (Metode)

Penelitian ini menggunakan desain studi kasus dengan penerapan *Evidence Based Practice Nursing* terkait mobilisasi dini untuk penyembuhan luka Post SC. Penelitian ini menggunakan sampel ibu Post SC di Ruang Bougenville RSUD Tugurejo Semarang sebanyak 1 orang.

Results (Hasil) & Analisis

Setelah dilakukan perawatan selama 3 hari pada ibu Post SC dengan riwayat ketuban pecah dini didapatkan hasil bahwa penyembuhan lukanya baik. Hal ini ditandai dengan tidak adanya pembengkakan, tidak ada perembesan cairan ataupun darah, penyatuan jaringan membaik.

Discussion (Diskusi atau Simpulan)

Studi ini diharapkan dapat menjadi referensi pihak rumah sakit untuk mengaplikasikan ke pasien untuk meningkatkan mobilisasi dini post sectio caesarea sebagai upaya untuk penyembuhan luka sayat Post SC.

Kata kunci: Mobilisasi dini; Penyembuhan Luka; Post Sectio Caesarea

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ABSTRACT

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The Beneficial Effect of Early Mobilization on Wound Healing Caesarean Surgery: A Case Study at Tugurejo Hospital Semarang

Introduction: The incidence of infection in Post cesarean wounds causes healing to take longer. Wound healing is affected by the physical mobility barriers of the patient. Efforts to speed up cesarean wound healing are early mobilization. This study was conducted to know the effectiveness of applying early mobilization techniques to Post C-section mothers for wound healing at Tugurejo Hospital Semarang.

Method: Post-caesarean wounds with a high incidence of infection require more time to recover. Wound recovery is affected by the patient's physical mobility limitations. Early mobility is a way to help a cesarean wound heal faster. The purpose of this study was to determine the impact of early mobilization procedures for wound healing in Post Sectio Caesarea mothers at Tugurejo Hospital Semarang.

Results: C-section mother with a history of Premature rupture of membranes (PROM), after being treated for 3 days of care, found that the wound healing was good. After a Post-SC mother with a history of premature rupture of membranes was treated for 3 days, it was found that the cut was healing well. This condition is distinguished by the absence of edema, leakage of fluid or blood, and enhanced tissue union.

Discussion: This study is expected to be a reference for the hospital to apply early mobilization to C-section patients to promote wound healing.

Keywords: *Early mobilization; Wound healing; C-section*