

## ABSTRACT

Sabilla Wahyu Prastika (2025). *Midwifery Care for Postpartum Mothers with Perineal Wound Healing Problems at the As Syifa Husada Poncokusumo Clinic. Scientific Paper Case Study, Diploma Three Midwifery Study Program Malang, Department of Midwifery, Health Polytechnic, Ministry of Health Malang, Supervisor: Duhita Dyah Apsari, S.Keb.,Bd.,M.Kes.*

*Perineal wounds are a common problem experienced by postpartum mothers, especially due to tears during childbirth or episiotomy. Suboptimal treatment can result in prolonged pain, impaired activity, delayed recovery, and infection. This study aims to provide comprehensive midwifery care to Mrs. E, a postpartum mother with perineal wound recovery problems at the As Syifa Husada Clinic in Poncokusumo. The research method used was descriptive with a case study approach. Data collection was carried out through interviews, observations, physical examinations, and documentation studies. The study subjects were postpartum women on day 7 who experienced perineal wound recovery problems. The results of the assessment showed that the main complaint was pain in the perineal wound suture area, especially when sitting, walking, and defecating, with a REEDA score of 6. Interventions provided included wound care education, personal hygiene education, consumption of nutritious foods high in protein, and psychological support. The evaluation showed a decrease in pain, increased comfort, and a decrease in the REEDA score from 6 at the first visit to 0 at the fourth visit. The combination of perineal care, educational approaches, and emotional support plays a crucial role in accelerating wound recovery. The recommended solution is to provide ongoing education and regular monitoring of nutrition and personal hygiene during the postpartum period. Comprehensive midwifery care can accelerate perineal wound recovery and improve the quality of life of postpartum mothers.*

*Keywords: Midwifery Care, Perineal Wound, Postpartum, Wound Recovery.*