

# **COMBINATION OF EARLY MOBILIZATION AND LAVENDER AROMATHERAPY ON PAIN LEVELS IN POST PARTUM PATIENTS WITH CAESAREAN SECTIONS IN THE DRUPADI II ROOM, JOMBANG REGIONAL HOSPITAL**

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## **ABSTRACT**

*Caesarea section surgery causes pain and results in changes in tissue continuity due to surgery. When compared to normal delivery which only causes about 9% pain, Caesarean section surgery causes about 27.3% more pain. Postoperative pain will cause both physical and psychological reactions in the mother, such as impaired mobilization, laziness to do activities, difficulty sleeping, lack of appetite, and unwillingness to care for the baby. The purpose of this study was to determine the combination of early mobilization and lavender aromatherapy on reducing pain levels in postpartum Caesarean section patients in the Drupadi II room of Jombang Hospital. The design of this case study focuses on the process of providing nursing care starting from assessment, nursing diagnosis, nursing intervention, nursing implementation, to nursing evaluation. The data collection method in this case study was through interviews, observation and documentation. The results of this case study were a decrease in the pain scale from 7 to 3. The combination of early mobilization and lavender aromatherapy is very effective in reducing the scale of pain felt by postpartum mothers with caesarea section, so it is hoped that it can be applied to postpartum mothers with caesarea section who experience pain.*

**Keywords: Pain, Early mobilization, Lavender aromatherapy**