

RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND EARLY MOBILIZATION WITH HEALING OF POST-SECTIO CAESAREAN OPERATION WOUNDS AT RSI MASYITHOH BANGIL

Alya Fitriatun Nahda
Dr. Nurul Pujiastuti, S.Kep. Ns, M.Kes

ABSTRACT

Post-cesarean section wounds are still often infected and require special attention in the healing process, which can last up to a year or more. Nutritional status and early mobilization are thought to play an important role in accelerating wound healing through tissue regeneration and increased blood circulation. However, research results on the effect of nutritional status are still contradictory, and patient understanding of the importance of early mobilization after surgery is still low. The purpose of this study was to determine the relationship between nutritional status and early mobilization with post-cesarean section wound healing. This study used a cross-sectional design. The sampling technique used was non-probability sampling, purposive sampling type with 38 respondents. Data processing used the SPSS application with the Chi Square test and alternative Fisher's test. The results showed a significant relationship between nutritional status and post-cesarean section wound healing with a p-value = 0.001 and between early mobilization and post-cesarean section wound healing with a p-value = 0.012. To improve healing of caesarean section wounds, patients are expected to pay attention to balanced nutritional intake before and after surgery and carry out early mobilization according to medical advice. Proper mobilization can speed up the recovery process, reduce the risk of complications, and support independence during the healing period.

Keywords: Nutritional status, early mobilization, wound healing, caesarean section