



The Relationship between Early Mobilization with Post Intensity of Post Caesar Section Patients

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Abstract: *Sectio Caesarea is an artificial birth where the fetus is born through an incision in the abdomen. The incision wound has an impact on the mother and the most felt impact is acute pain. Pain is a personal experience that is expressed differently in each individual. One of the non-pharmacological therapies to reduce pain is early mobilization. This study aims to determine the relationship between early mobilization and pain intensity in postoperative sectio caesarea patients in the Bougenville room of Primaya Betang Pabelum Hospital. This study used a correlational design with a cross sectional design and accidental sampling technique. Respondents in this study amounted to 37 respondents who met the inclusion criteria. Data collection used an observation sheet which was then analyzed using the Rank Spearman statistical test. The results of statistical analysis revealed that early mobilization was in the good category and the respondent's pain intensity was in the fully decreased category with p value = 0.000 ($p < 0.05$). There is a relationship between early mobilization and pain intensity in post SC patients as evidenced by the results of $p < \alpha$ with a significant level of 0.05 indicating a significant and significant relationship between early mobilization and pain intensity.*

Keywords: *early mobilization; pain intensity; post operating section Caesarea*

I. Introduction

Childbirth is the process of releasing a full-term or less-month baby, followed by expulsion of the placenta and membranes from the body (Wirakusumah, 2009 quoted from Subandi, 2017). Based on the method, delivery can be done through the birth canal (normal) and other ways or delivery with a surgical procedure known as Sectio Caesarea (SC). A cesarean section can help the mother give birth if the patient cannot give birth vaginally (normally) and the SC procedure carried out if there are medical symptoms or non-medical symptoms, by carrying out the SC action, it will automatically break the network connection that causes pain. Pain is very unpleasant, it is a very personal sensation that cannot be shared with other people. One of the treatments that can be done to reduce the pain scale in postoperative SC patients is to mobilize as early as possible.

Early mobilization is one way to gradually become independent of the patient so that the patient is able to carry out his own activities without the help of others (Metasari & Sianipar, 2018). The importance of early mobilization is that it has an important role in reducing pain by using the method of diverting the patient's attention to the area of pain and the surgical area, inhibiting the activation of chemical mediators in inflammatory reactions which can increase pain response and minimize the transmission of pain nerves to the central nervous system.

Based on a preliminary survey conducted by researchers on October 25, 2022 in the bougenville room of Primaya Betang Pabelum Hospital using interview techniques on 4 patients, 3 patients (75%) were able to mobilize post surgery sectio caesarea, especially in the first 6 hours only doing some early mobilization with the reason being afraid the pain in the stomach wound would get worse like squeezing, the mother was lazy to move because she felt both her legs felt numb and heavy and the patient said she was afraid that the stitches in her stomach would come off so it was better to rest lying down, she was afraid of bleeding from

the stitches and from the birth canal if move a lot. Only 1 person (25%) mobilized early and knew the importance of early mobilization to be able to reduce pain in order to establish patient independence in carrying out their daily activities independently.

II. Research Methods

This study used a correlational design, namely to see the relationship between early mobilization and pain intensity in post cectio Caesarea patients in the Bougenville Room of Primaya Betang Pambelum Hospital. The population in this study were all postoperative section caeserea patients in the Bougenville room at the Primaya Betang Pambelum Hospital there were 55 people. Sampling the sampling technique used is accidental sampling. Sample 37 post operative sectio caeserea patients in the Bougenville room of Primaya Betang Pambelum Hospital, Palangka Raya according to the inclusion criteria. Design correlation with cross sectional approach.

The independent variable in this study was the early mobilization of Post Sectio Caesarea patients in the Bougenville room at Primaya Betang Pambelum Hospital. The dependent variable in this study was Pain Intensity in Post Sectio Caesarea Patients in the Bougenville Room of Primaya Betang Pambelum Hospital. Variable early mobilization of Post Sectio Caesarea patients with early mobilization stages: the first 6 hours postoperatively, 6-10 hours postoperatively, 24 hours postoperatively and Measuring Instruments/Instruments using Observation using a checklist sheet (using a Likert scale). Whereas Pain Intensity Variables in Post Sectio Caesarea Patients: Intensity numerical rating scala (NRS): No pain: 0, Mild pain: 1-3, Moderate pain: 4-6, Severe pain: 7-9, Very painful: 10 and the measuring device using an observation sheet of pain intensity 1-10 with a Numeric rating scale (NRS).

III. Discussion

Early mobilization identification results from 37 respondents, there were 29 respondents (78%) good early mobilization, 8 respondents (22%) sufficient early mobilization. Based on the age of the 37 respondents, there were 21 respondents (57%) aged 26-35 years, 8 respondents (22%) aged 36-45 years, 8 respondents (21%) aged 17-25 years, and aged > 40 year no respondents (0%). Based on the education of 37 respondents, there were 17 respondents (46%) tertiary institutions, 17 respondents (46%) high schools, 3 respondents (8%) junior high schools, based on obtaining information about post SC early mobilization from 37 respondents, there had been information on 34 respondents (92%), never received information about post SC early mobilization as many as 3 respondents (8%). Based on information sources from 37 respondents, 26 respondents (76%) received counseling from health workers, and 8 respondents (24%) received information from electronic media.

Respondents who on average had been pregnant before had experience and knowledge in implementing early mobilization procedures according to the stages. Respondents who on average have education at the level of high school and tertiary education allow for ease in receiving information and managing early mobilization according to the stages. Where, the higher a person's education, the easier it will be to receive information so that the more experience and knowledge one has, especially in this case knowledge in early postoperative SC mobilization. The results of the respondents who mobilized in the good category were 29 respondents (78%) and did sufficient early mobilization, amounting to 8 respondents (22%). The reason for patients who only do early mobilization in the sufficient category is that the average patient complains that they are afraid of the pain in the stomach wound getting worse

like being stabbed, the mother is lazy to move because her two legs feel numb and heavy and the patient says she is afraid of bleeding from the stitches and from the birth canal if you move a lot and the patient says tired, the eyes feel sleepy so it's better to rest lying down. In this study, nurses and midwives were more active in providing explanations about the benefits and objectives of the mobilization stages and providing motivation and assisting respondents in carrying out early mobilization according to the stages so as to obtain optimal health. Health is a very important element of the quality of life in national development (Najikhah, 2021). While indirect factors such as economic factors, culture, education and work, health service facilities (Lubis, 2021).

The identification results of Pain Intensity from 37 respondents, there were 31 respondents (84%) the pain intensity decreased completely, 6 respondents (16%) the pain intensity moderately decreased. Based on the age of the 37 respondents, there were 21 respondents (57%) aged 26-35 years, 8 respondents (22%) aged 36-45 years, 8 respondents (21%) aged 17-25 years, and aged >40 year no respondents (0%). Based on the number of pregnancies from 37 respondents, there were 2nd pregnancies totaling 13 respondents (35%), 1st pregnancies totaling 10 respondents (27%), 3rd pregnancies totaling 9 respondents (24%), pregnancies > 4 totaling 5 respondents (14%). Based on obtaining information and culture about early post SC mobilization from 37 respondents, there were 34 respondents (92%) who had never received information about post SC early mobilization as many as 3 respondents (8%). Based on sources of information from 37 respondents, there were those who received counseling from health workers as many as 26 respondents (76%), from electronic media as many as 8 respondents (24%).

Based on the results of cross tabulation, early mobilization with the results of research from 37 respondents found that early mobilization of postoperative SC patients in the Bougenville room of Primaya Betang Pabelum Hospital with good early mobilization category totaled 29 respondents (78%) and early mobilization category moderately decreased totaling 8 respondents (16%). This shows that most of the early mobilization respondents were in the good category, 29 respondents (78%). The pain intensity of post-surgery patients at Bougenville Hospital Primaya Betang Pabelum was in the fully decreased category of 31 respondents (84%) and the moderately decreased category, namely 6 respondents (16%), from these results it showed that the pain intensity of the most respondents was in the fully decreased category, namely 31 respondents (84%). Meanwhile, based on the analysis using the Rank Spearman statistical test, the results obtained were $p = 0.000$ so that there was a relationship between early mobilization and the pain intensity of postoperative SC patients at Bougenville RS Primaya Betang Pabelum. This is evidenced by the results of $p <$ with a significance level of 0.05 so that the results of $0.000 < 0.05$ indicate that there is a significant and significant relationship between early mobilization and pain intensity in postoperative SC patients.

IV. Conclusion

From the results of the research and discussion, the results of a study of 37 respondents regarding the relationship between early mobilization and pain intensity of post SC patients in Bougenville Primaya Betang Pabelum Hospital were carried out on January 15 - February 15 2023, it can be concluded that:

1. Early Mobilization of Post Sectio Caesarea Patients in the Bougenville Room of Primaya Betang Pabelum Hospital: Based on the results of a study of 37 respondents, it was found that early mobilization of post SC patients in the Bougenville room of Primaya Betang Pabelum Hospital had good criteria.

2. Pain Intensity of Post Sectio Caesarea Patients in the Bougenville Room of Primaya Betang Pabelum Hospital: Based on the results of a study of 37 respondents, it was found that the pain intensity of post SC patients in the Bougenville room of Primaya Betang Pabelum Hospital with the criteria of a full decline.
3. Correlation between Early Mobilization and Pain Intensity of Post SC Patients in the Bougenville Room of Primaya Hospital Betang Pabelum: Based on an analysis using the Rank Spearman statistical test, the results obtained were $p = 0.000$ so that there was a relationship between early mobilization and pain intensity of postoperative SC patients in the Bougenville Room of Primaya Hospital Betang Pabelum. This is evidenced by the results of $p <$ with a significance level of 0.05 so that the results of $0.000 < 0.05$ indicate that there is a significant and significant relationship between early mobilization and the patient's pain intensity.

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