

ABSTRACT

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Early Mobilization Relationship with the Decreased Pain Level of Caesarea Charitas Hospital Patients and Palembang Km 7 Charitas Hospital.

ESSAY

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Background: The delivery rate of *sectio caesarea* in Indonesia in 2017 reached 1.3-6.8% due to having a narrow pelvic history and a previous history of cesarean section surgery. In patients who perform *sectio caesarea* surgery for the recovery process, it takes approximately 3-4 weeks, namely by conducting early mobilization, including right tilt and left tilt. Based on observations there were 74.4% who made early mobilization by doing right tilt and left tilt mobilization then can sit at 8-12 hours (if there are no contraindications from anesthesia), able to walk 24 hours after surgery, even take a shower on the second day. So that helps experience the wound healing process *sectio caesarea*.

Objective: This study aims to determine the relationship of early mobilization with a reduction in pain levels of patients with cesarean section.

Method: This research uses analytical survey method with cross sectional design, the population in this study amounted to 43 respondents. Sampling using probability sampling with the technique of proportionate stratified random sampling data collection tools using questionnaire sheets, and data analysis techniques used Chi Square test.

Results: The results of this study were 32 (74.4%) early mobilization, while 11 (25.6%) did not carry out early mobilization. The reduction in pain level in the *sectio caesarean* post was 37 (86.0%) with a mild pain scale of 1-3, while the pain scale was moderate at 4-6 by 6 (14.0%). Based on this analysis shows that there is no relationship of early mobilization with a decrease in pain level in *sectio caesarean* patients ($p \text{ value} = 0.637 > 0.05$).

Suggestion: Early mobilization is expected to be knowledge and information on *sectio caesarean* patients in wound healing.

Keywords: Early mobilization, pain, *sectio caesarea*