

**EFFECT OF COLD COMPRESS ON PERENIUM WOUND HEALING
IN THE WORKING AREA OF THE TELAGA DEWA
HEALTH CENTER**

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ABSTRACT

The purpose of this study was to determine the effect of cold compresses to accelerate healing of episiotomy sutures in post-natal women. Total samples were 20 postpartum mothers with second degree episiotomy wounds. This study used primary data (postpartum data and observation of wound healing every 0 - 7 days using the reeda scale system in the control and treatment groups. The results of univariate analysis of 20 postpartum mothers showed the results of research that had been carried out, from 10 postpartum mother respondents who given cold compress treatment at most healed within 5 days as many as 7 people (70%) and 6 days as many as 3 people (30%) with faster perenium wound healing, while 10 postpartum mother respondents who were not cold compressed the most recovered > 7 days as many as 9 people (90%) with slow perenium wound healing Results of Bivariate Analysis Of the 20 respondents studied, those who were subjected to cold compresses would experience faster perenium wound healing (10 people) than those who were not treated with cold compresses. value = 0.000, which means that there is an effect of cold compresses on perineal wound healing on the acceleration of healing acceleration perenium injury.

Keywords: Episiotomy Wound; Cold Compress; Mother Postpartum

INTRODUCTION

Data from the Bengkulu City Health Office in 2015 showed that there were 49 maternal deaths, consisting of 7 pregnant maternal deaths, 13 maternal deaths, 21 postpartum maternal deaths. In 2016, the Bengkulu City Health Office recorded 6 deaths, consisting of 2 maternal deaths and 4 postpartum maternal deaths. And in 2017 the Bengkulu City Health Office recorded 4 deaths, consisting of 1 pregnant mother's death, 1 maternal death, 2 postpartum maternal deaths. This shows that there are still many maternal deaths caused by the puerperium, one of the postpartum deaths occurs because of a specific infection for infection, it is also found that death comes from birth canal injuries, namely perineal rupture (Bengkulu City Health Profile, 2017)³.

If the mother who has a perineal rupture or episiotomy, the procedure is to prepare a suture device to check how deep the perineal wound is, and inject local anesthetic and then perform the first suturing \pm 1 cm above the end of the wound on the vaginal mucosa until all the wounds are injured. tear. After suturing and all delivery assistance has been completed, then the mother is given pharmacological therapy, namely painkillers such as 500 gr

mefenamic acid and 500 gr amoxicillin. In addition to pharmacological therapy, there are also non-pharmacological therapies that can be used to relieve pain, such as Kegel exercises, dry alkaline cleansing, betadine leaf decoction, treatment using betadine and cold compresses are all alternative treatments for perineal wounds that occur in mothers after childbirth. 4.

There is a simple method that can be used to reduce pain naturally, namely by providing cold compresses, cold compresses are a natural and simple alternative that can quickly reduce pain other than by using analgesic drugs such as mefenamic acid. Cold therapy has an analgesic effect by slowing down the speed of nerve conduction so that less pain impulses reach the brain, thereby reducing the pain sensation that is felt, according to research according to Rahmawati (2011) ⁵.

Pain and discomfort in the perineal area can be relieved by using a cold compress on the perineal area every 2 hours for 24 hours which will be done after 6 hours postpartum until the pain is gone \pm 7 to 10 days (Murkoff, 2006). Ice compress is to fill the bag with 0.5 kilograms or 500 grams of ice, wrap the ice pack with sterile gauze and attach it to the perineum to reduce pain, do it for 2 minutes and repeat 3 times or it can be done if the mother feels back pain (Walyani, 2015) ⁶.

RESEARCH DESIGN AND METHODOLOGY

This study used a pre-experimental study research design with Nonequivalent Control Group Design, in which the researcher determined the research subject to be the experimental group or the control group with the non-randomization procedure, in this design, both experimental and control groups were compared, the group was selected and placed without going through randomization. Total samples were 20 postpartum mothers with second degree episiotomy wounds. This study used primary data (postpartum data and observation of wound healing every 0 - 7 days after post partum using the reeda scale system in the control and treatment groups). After the data was collected, a univariate or descriptive analysis (distribution frequency) was performed as well as a bivariate analysis using unpaired T test.

In this study the population was post partum mothers divided into 2 groups. The first group was given a placebo and the second group was given cold water compresses. The collection technique was carried out by field observation with observation, measurement and recording related to the measurement of the acceleration of perenium injuries. The instrument used for observation was the REEDA Scale. Then the results were compared between the control group and the experimental group.

Total samples were 20 postpartum mothers with second degree episiotomy wounds. This study used primary data (maternal data and observation of wound healing every 0-7 days, with details of 10 post partum mothers as the control group and 10 post partum mothers as the experimental group with the consecutive sampling technique, namely all post partum mothers who gave birth. at BPM that meet the research criteria are sampled.

After the data was collected, univariate or descriptive analysis (Frequency distribution) or bivariate analysis was performed using unpaired T test, while the exclusion criteria were mothers who were not willing to become respondents.

FINDINGS AND DISCUSSION

Based on the results of the research that has been carried out, of the 10 postpartum mothers who were given cold compress treatment, the most healed in 5 days were 7 people (70%) and 6 days as many as 3 people (30%) with faster perenium wound healing, whereas The 10 postpartum mothers who were not treated with cold compresses were mostly healed > 7 days as many as 9 people (90%) with slow perenium wound healing, the factors that affect perenium wound healing are divided into 2, namely: internal factors (age, treatment method) , personal hygiene / personal hygiene, overactivity, infection) and external factors (nutrition (nutrition), tradition or environment, knowledge, socio-economic and infrastructure, handling of officers at delivery and maternal condition 3. In research 4 states that the application of compresses cold is proven to accelerate the healing of perineal suture wounds in postpartum mothers.

Cold compress is a method of using low local temperatures which can have several physiological effects. (Ardela, 2010: 234). Applying cold compresses to wounds can accelerate wound healing, because cold compresses make analgesics in the wound area, causing blood vessels to shrink. This is supported by Ardela's theory, 2010: 234 in which the application of cold compresses to wounds can reduce blood flow to a part and reduce bleeding and edema, cold therapy has an analgesic effect by slowing down nerve conduction speed so that less pain impulses reach the brain. This is also supported by the theory of Sylvia (2010: 23), Physiological effects of cold compresses include: shrinking blood vessels (vasoconstriction), reducing capillary permeability, relaxing muscles, slowing bacterial growth, reducing inflammation, relieving pain by slowing the flow of pain impulses, the effect of anesthesia local relieves bleeding.

Based on the results of the study, there was an effect of cold compresses on postpartum mothers with perineum wound healing. Of the 20 respondents who were studied, cold water compresses experienced faster perineum wound healing (7 people) than those who did not cold water compresses. The average perineum wound healing in the experimental group was 5.4 days, while the perineum wound healing in the control group was 6.9 days. The result of $p\text{-value} = 0.000$, which means that there is an effect of cold compresses on the healing of perineal wounds. The time difference required for postpartum mothers to heal perineum suture wounds was 1.5 days earlier than mothers who were not cold compressed and experienced a significant difference.

Research conducted by Putri (2016) with the title Effect of Cold Compress on Perineal Wound Pain Levels in Post-partum Women at PKU Muhammadiyah Bantul Hospital that there was an effect of cold compresses on reducing perineal wound pain with a significance value of $p\text{ value } 0.00 < 0.05$ using the test. -T. According to researchers, applying cold compresses to perineal rupture wounds in the experimental group mostly experienced rapid wound healing compared to the control group whose wound healing was only a small part. Because applying cold compresses to perineal rupture wounds can slow down the growth of bacteria which can inhibit wound healing, besides cold compresses can also reduce blood supply flow so that the mother becomes more relaxed and easier to mobilize. Vasoconstriction on the body can also cause minimal bleeding and help coagulation and help repair cell damage sustained by the wound. This is in accordance with the theory according to Sylvia (2010: 18) where the physiological impact of cold compresses is vasoconstriction (constricting blood vessels), a metabolic reduction, helps control bleeding and swelling due to trauma, reduces pain and decreases nerve endings activity in muscles.

CONCLUSION

Based on the results of research and discussion, the following conclusions can be drawn: Healing of perineum wounds in postpartum mothers in the work area of the Dewa Telaga Health Center, where cold compresses are carried out are faster than those that are not done. mothers who do not consume boiled quail eggs and experience a significant difference. There is an effect of cold compress action on healing perineum wounds in postpartum mothers in the Telaga Dewa area

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