

EFFECT OF EARLY MOBILIZATION ON HEALING SECTIO CAESARIA POST OPERATION: LITERATURE REVIEW

Ira Susanti*¹, Sarkiah¹, Dwi Rahmawati¹

¹*Sari Mulia University Banjarmasin*

*E-mail: ira_susanti99gmail.com, Phone: 0813-4933-9494

Abstract

Early mobilization serves to train the muscles, nervous system, bones, and blood circulation. Mobilization will improve blood circulation and may soon experience recovery or recovery after cesarean section surgery. To determine the effect of early mobilization on postoperative wound healing in sectio caesaria. The research method used in this study was the Literature Review. The literature sources used in this study were traced using Google Scholar and Google Scholar with the condition that the journal / article was published at least 5 years ago and was carried out from the beginning of November 2020- August 2021. Early post SC mobilization should be carried out gradually while the early mobilization stages in post SC patients are that patients are required to tilt left and right after 6-10 hours to prevent thrombosis and thromboembolism. After 24 hours, the patient is advised to learn to sit, then learn to walk. Early mobilization is needed in post-SC surgery patients because mobilization is able to accelerate post-SC wound healing. The results of this study can be used as an additional reference for health services at the hospital, especially in the provision of measures that can improve wound healing in patients who have undergone sectio caesarean surgery.

Keywords: Mobilization, Wounds, Sectio Caesaria

Introduction

Childbirth is a process of expelling the products of conception (fetus and placenta) which have been sufficient for months or can live outside the womb through the birth canal or through other means, with or without assistance. Almost every woman will experience childbirth. By nature, women can give birth normally, namely vaginal delivery or normal birth canal. If a woman cannot give birth normally, medical personnel will perform alternative deliveries to help expel the fetus. One of the treatments that can be done is the delivery of Sectio Caesarea (Macheasy, 2010).

Childbirth is the final process of a series of pregnancies, where there are two ways of giving birth, namely vaginal delivery or better known as normal delivery and delivery via cesarean section or caesarean section, where the baby is removed through abdominal surgery (Aprina, 2016). Sectio caesarea has side effects, including the first few days after delivery it will cause severe pain in the incision area, caused by tissue tears in the abdominal wall and uterine wall whose levels vary in each mother (Salawati, 2019). In addition, infants also have respiratory depression due to anesthetic drugs and hypoxia due to supine hypotension syndrome (Mochtar, 2020).

Early mobilization is an action taken to guide the patient out of bed as soon as possible and guide him as quickly as possible to walk. This explains that postoperative or surgical patients are allowed to move, from light mobilization to more strenuous activities. However, postoperative mobilization is very useful in supporting the patient's recovery. Early mobilization is an important aspect of physiological function because it is an essential component to maintain independence (Mansjoer, 2017).

Early mobilization serves to train the muscles, nervous system, bones, and blood circulation so that it is expected to accelerate the healing process of appendectomy wounds. Early mobilization is the movement of a person from right and left tilt to walking. Post-surgery mobilization is the process of activities carried out after surgery starting from light exercises on the bed (breathing exercises, effective coughing exercises and moving the limbs) until the patient can get out of bed, walk to the bathroom and walk out of the room (Pristahayuningtyas, 2019).).

The importance of movement for health is unquestionable. Early mobilization is an important aspect of physiological function, because it is essential for maintaining independence. Benefits derived from overall physical exercise and the ability to carry out activities of daily living (ADL). The importance of early mobilization is very influential in order to increase metabolism so that the general condition of the patient will be better (Manuaba, 2018).

Based on the results of the medical records of RSUD Dr. H. Moch Ansari Saleh Banjarmasin is known as many as 1,328 who gave birth via sectio caesarea in 2019 as many as 128, in 2016 as many as 751, and in 2017 as many as 449 births. From the preliminary survey conducted at Dr. Hospital. H. Moch. Ansar Saleh Banjarmasin on January 21-30 2018 there were 5 patients post appendectomy surgery, by means of interviews and direct observation the results were 3 people who mobilized early and there was a fast wound healing process, while 2 people did not mobilize early, the healing process occurred. slow wound because there are still signs of inflammation (Noor, 2018).

Research by Noor (2018), states that during the wound healing process, vascularization will affect the wound because the wound requires a good blood circulation for cell growth or repair. Mobilization will facilitate blood circulation and soon may experience recovery or healing.

Based on the background of the problem, the authors are interested in bringing up the theme of a literature study on "The Effect of Early Mobilization on Wound Healing Post Surgery Sectio Caesaria Based on: Literature Review".

Materials and Methods

The research method used in this study was the Literature Review. The literature sources used in this study were traced using Google Scholar and Google Scholar with the condition that the journal / article was published at least 5 years ago and was carried out from the beginning of November 2020-August 2021.

Results and Discussion

The literature collection process is carried out by selecting the number of journals or articles from 1,263 literatures into 10 literatures, 3 international journals and 7 national journals regarding "The Effect of Early Mobilization on Wound Healing Post Surgery Sectio Caesaria: Literature Review". The search process is carried out through indexed based electronics such as Google Scholar (n=6) and Google Scholer (n=4).

Early mobilization is an effort to maintain independence as early as possible by guiding the patient to maintain physiological function. Post sectio caesarea mobilization is a position movement or activity carried out by the mother after a few hours of giving birth by caesarean delivery. Almost all types of surgery require mobilization or movement of the body as early as possible (Rasjidi, 2019).

One of the mobilizations in post sectio caesarea is a change in motion and position. This and must be explained to the patient and waiting family, in order to understand the importance of continuous early mobilization that will be able to help blood flow throughout the body, so that the body is able to produce incendiary and building blocks that help the wound healing process. Early mobilization can be done when the patient's condition improves. In postoperative cesarean section patients, it is recommended to immediately move their limbs for the first 6 hours. The body movements that can be done are moving the hands, arms, legs and fingers so that the work of the digestive organs immediately returns to normal (Kasdu, 2019).

The results of Linda's research (2020) show that the goals and interventions that will be carried out for 3x24 hours are comprehensive pain assessments, measuring vital signs, observing nonverbal reactions, recommending deep breathing relaxation techniques if pain, evaluating pain, and collaboration with doctors regarding administration analgesic. Anni (2017), stated that of the 92 mothers who gave birth by sectio caesarea who were treated in the Bougenfil Room of RSIA AMC Metro in May 2016, 41.30% of respondents had not mobilized properly. Nurul et al, (2019), obtained the results that the majority of respondents who did not do early mobilization were 14 people (73.7%) minority of respondents were 5 people (26.3%). Theresia (2018) found that there were 5 respondents with redness around 0.25 incision wound, but the wound was dry (no discharge) and there were no

signs of edema or ecchymosis. Candra (2016) found that patients were required to turn left and right after 6-10 hours to prevent thrombosis and thromboembolism. After 24 hours the patient is advised to learn to sit, then proceed with learning to walk. Novrida (2018) obtained the results that all respondents who did early mobilization experienced wound healing as many as 23 respondents (71.9%) and the majority of respondents who did not mobilize early did not experience wound healing 5 respondents (15.6%) Based on the analysis results obtained p-value 0.001 so it can be concluded that there is a relationship between early mobilization and post-SC wound healing. Hanan et al, (2017) obtained the results that there was a relationship between early mobilization and the wound healing process after sectio caesarea. Chairun (2016) obtained the results that there was a significant relationship between mother's knowledge and early mobilization of post sectio caesarea patients. Chairun (2020) found that mobilization exercises are useful for accelerating wound healing, expedite the release of lochia, preventing thrombosis and thromboembolism, normal blood circulation and accelerating the recovery of maternal strength. Paweł Jan Stanirowski (2016) obtained the results that there is a significant relationship between the mother's emotional state and the early mobilization of post sectio caesaria patients.

The results of a literature review that examined sectio caesaria showed that of the 10 journals analyzed, 5 journals discussed early mobilization for the post sectio caesaria wound healing process. In line with Siagian's research (2019), which states that mobilization exercises are useful for accelerating wound healing, expedite the release of lochia, preventing thrombosis and thromboembolism, normal blood circulation and accelerating the recovery of maternal strength. Post partum mothers are expected not to worry about the presence of stitches because early mobilization is good for sutures, so that there is no swelling due to clogged blood vessels and for post partum mothers by cesarean section but delayed mobilization can cause impaired organ function, blocked blood flow and muscle function will be blocked. One solution is to provide early mobilization for 2-4 hours and 6-8 hours to accelerate wound healing in postpartum mothers.

The results of the journal can be concluded that early mobilization carried out by post sectio caesaria mothers is able to accelerate the healing process of incisional wounds due to abdominal delivery. A total of one journal discusses the disruption of a sense of security and comfort to the increase in post sectio caesarea pain. In line with Ulvana's research (2020), which states that early mobilization is the most important aspect of physiological function because it is essential to maintain independence, so it can be concluded that early mobilization is an effort to maintain independence as early as possible by guiding the patient to maintain physiological function.

According to the author's assumption, early mobilization is a prominent factor in accelerating post-SC recovery and can prevent post-SC complications, with early mobilization of uterine contractions so

that the uterine fundus is hard, the risk of abnormal bleeding can be avoided, because contractions form open narrowing of blood vessels.

In line with the author's assumption, the theory says that early mobilization is expected for postpartum mothers to be healthier and stronger, as well as being able to expedite the discharge of lochea, assisting the wound healing process due to childbirth, accelerating the involution of the uterine apparatus, smoothing the function of the gastrointestinal and urinary organs. and improve blood circulation, thereby accelerating the function of breast milk (ASI) and excreting metabolic waste (Manuaba, 2018).

Mothers who give birth by cesarean section are more at risk of complications than mothers who give birth normally. Complications that can occur include puerperal infection (puerperal), bleeding caused by many broken and open blood vessels, pulmonary embolism, bladder injury and the possibility of spontaneous uterine rupture in future pregnancies (Ulfah, 2018).

The wound healing process in a healthy body has the ability to protect and restore itself, increase blood flow to the damaged area, clean cells and foreign objects and early cellular development is part of the healing process (Sukisno, 2019). According to Perry & Potter (2019) states that vascularization affects wounds because wounds require good blood circulation conditions for cell growth or repair. Mobilization will facilitate blood circulation and soon may experience recovery or healing. In principle, the wound healing process in all wounds is the same, with variations depending on the location, severity and extent of the injury. The ability of cells and tissues to regenerate or return to normal structures through cell growth also affects wound healing. One of the basic concepts of postpartum care for post-sectio caesarea patients found that early mobilization is given after sectio caesarea (Manuaba, 2010).

The results of Anni Suciawati's research (2017) show that there is a relationship between early mobilization and wound healing after sectio caesaria at RSIA AMC Metro, Lampung province ($p = 0.000$). Nurul Aini Siagian, Syafira Nusaibah, Andayani Boang Manalu (2019) showed that there was a relationship between early mobilization and wound healing after sectio caesaria ($p = 0.046$). Theresia Eriyani (2018) shows that there is a relationship between early mobilization and wound healing after sectio caesaria in the Jade room of RSUD dr. Slamet Garut ($p=0.028$). Novrida Roberia (2018) shows that there is a relationship between early mobilization and wound healing after sectio caesaria at the H Adam Malik General Hospital Medan ($p = 0.001$). Hanan Hussein Jasim, Syed Azhar Syed Sulaiman, Amer Hayat Khan (2017) showed that there was a relationship between early mobilization and wound healing after sectio caesaria at Pulau Pinang Hospital, Penang, Malaysia

($p=0.000$). Chairun Nasirin (2016) showed that there was a relationship between early mobilization and wound healing after sectio caesaria. Chairun Nasirin (2020) showed that there was a relationship between early mobilization and wound healing after sectio caesaria at the West Nusa Tenggara Hospital ($p = 0.000$). Stanirowski (2016) showed that there was a relationship between early mobilization and wound healing after sectio caesaria at the Mazovian Bro dno Hospital ($p=0.001$).

According to the author's assumption that mobilization is one of the main factors that support the wound healing process in post-SC surgery mothers and prevent post-operative complications. Many benefits can be obtained from early mobilization exercises in bed and walking in the early postoperative period, early mobilization is very important in accelerating hospitalization and reducing the occurrence of infection. So that the implementation of mobilization is highly recommended for post-SC surgery mothers because it can accelerate the wound healing process..

Conclusion

The results of a literature review that examined sectio caesaria showed that of the 10 journals analyzed, 5 journals discussed early mobilization for the post sectio caesaria wound healing process. The results of the journal can be concluded that early mobilization carried out by post sectio caesaria mothers is able to accelerate the healing process of incisional wounds due to abdominal delivery. A total of one journal discusses the disruption of a sense of security and comfort to the increase in post sectio caesarea pain. The results of the study concluded that pain caused by surgical incisions due to abdominal delivery can result in impaired sense of security and comfort which makes it difficult for the mother to mobilize and can result in the length of the post sectio caesarea wound healing process. A total of 4 journals discuss the effect of personal hygiene on wound healing. The results of the study concluded that the importance of personal hygiene for post sectio caesarea mothers in helping the wound healing process of sectio caesarea in mothers.

Acknowledgements

The results of this study can be used as an additional reference for health services in hospitals, especially in providing actions that can improve wound healing in patients who have undergone sectio caesarea surgery, such as the application of SOPs for early mobilization in postoperative sectio caesarea patients and can be a reference about healing. wounds, especially in postoperative sectio caesarea patients in providing midwifery care. It is hoped that the results of this study can be used as initial data for further research on wound healing. Further researchers can examine the effectiveness of other measures that can affect wound healing. In addition, other researchers can conduct research on other factors that influence wound healing.

Declaration of Interest Statement

The author would like to express his deepest gratitude to supervisor I, supervisor II, examiners, Midwifery Undergraduate Study Program students, both parents, and all friends in their class who provided input, prayers and support in this research.

References

- Machmudah. (2010). Pengaruh Persalinan dengan Komplikasi Terhadap Kemungkinan Terjadinya Postpartum Blues di Kota Semarang. Diunduh dari www.lib.ui.ac.id. tanggal 3 September 2020
- Mansjoer, A. 2017. Kapita Selekta Kedokteran. Jakarta.: Media Euculapcius UI.
- Manuaba, I. (2010). Kapita Selekta: Penatalaksanaan Rutin Obstetri Ginekologi dan KB. Jakarta: EGC
- Manuaba, IBG. 2018. Pengantar Kuliah Obstetri. Jakarta: ECG.
- Mardiah dan Hedy Hardiana. 2018. Alternatif Kebijakan Operasional Audit Maternal Perinatal (AMP) Di Kabupaten Barito Kuala Kalimantan Selatan. Jurkessia, Vol. VIII, No. 2.
- Mochtar, R. 2020. Sinopsis Obstetri dan Fisiologi, Obstetri Patologi. Jakarta: EGC.
- Mochtar, Rustam. (2018). Sinopsis Obstetri: Jilid 2. Jakarta: EGC
- Mubarak, W.I & Chayatin, N. 2018. Ilmu Keperawatan Komunitas Pengantar dan Teori. Jakarta: Salemba Medika.
- Noor, 2018. Pengaruh Terapi Zikir Terhadap Tingkat Kecemasan Pasien Pre Operasi Sectio Caesarea Di RSUD. Dr. H . Moch. Amnsari Saleh Banjarmasin. Jurnal. Kebidanan dan Keperawatan. Tersedia pada:<http://doi.org/10.33859/dksm.v10i2.507>(Diakses 12 Agustus 2021).
- Norman, J. E., 2019. Outcomes of Induction of Labour in Women with Previous Cesarean Delivery. Philippa Middleton: PloS ONE.
- Nugroho. (2018). Neurofisiologi Nyeri Dari Aspek Kedokteran, Disampaikan Pada Pelatihan Penatalaksanaan Fisioterapi Komprehensif Pada Nyeri. Surakarta
- Nursalam. (2018). Konsep Penerapan Metodologi Penelitian Ilmu Keperawatan. Jakarta: Salemba Medika
- Oxorn, Harry dan William R. Forte. 2018. Ilmu Kebidanan, Patologi dan Fisiologi Persalinan. Yogyakarta: Yayasan Esentia Medika.
- Padila. 2019. Buku Ajar: Keperawatan Medikal Bedah. Yogyakarta: Nuha Medika.
- Potter, P.A & Perry, A.G. 2016. Buku Ajar Fundamental Keperawatan: Konsep, Proses, dan Praktik.Edisi 4.Volume 2.Alih Bahasa: Renata. Jakarta: EGC.

- Prawirohardjo, S. 2016. Ilmu Kandungan. Jakarta: Yayasan Bina Pustaka Sarwono.
- Prihartanto, Nur. 2019. Perbedaan Efektifitas Mobilisasi Dini Menurut Clinical Pathway Dan Kasdu Terhadap penyembuhan luka Pasien Apendektomi Di RS PKU Muhammadiyah Di Yogyakarta. http://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=rustiniawati+et+al+2018+tentang+mobilisasi+&oq=rustianawati#d=gs_qabs&su=%23p%3DAMEogLOvOLUJ.
- Pristahayuningtyas Rr.C.Y. (2019). Pengaruh Mobilisasi Dini Terhadap Perubahan Tingkat Nyeri Klien Post Operasi Apendektomi Di ruang Bedah Mawar Rumah Sakit Baladhika Husada Kabupaten Jember. Karya Tulis Ilmiah strata satu, Universitas Jember. [internet] <http://jurnal.unej.ac.id/index.php/JPK/article/viewFile/2510/2026>. [diakses: November 2020].
- Pristahayuningtyas. (2019). Pengaruh Mobilisasi Dini Terhadap Perubahan Tingkat Nyeri Klien Post Operasi Apendektomi di Ruang Bedah Mawar RS Baladhika Husada Kab.Jember. Universitas Jember .
- Purwaningsih, W dan Fatmawati, S. 2020. Asuhan Keperawatan Maternitas. Yogyakarta: Nuha Medika.
- Resi, 2019. Analisis Praktik Keperawatan Dalam Pemenuhan Rasa Nyaman Nyeri Pada Ny. M Post Sectio Caesarea Dengan Biologic nurturing Baby Led Feeding tahun 2019 Di RSUD H. Hanafi Muara Bungo. http://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=riskedas+terbaru+tingkat+SC&btnG=#d=gs_qabs&u=%23p%DjNlageSEyHIJ.
- Roberia, N, 2018. Faktor-faktor yang berhubungan dengan penyembuhan luka post sectio caesaria di Rumah Sakit Umum Adam Malik Medan Tahun 2018.
- Salawati, 2019. Perawatan Luka Pada Pasien. <https://rsupersahabatan.co.id/artikel/> (diakses tanggal 11 Februari 2021).
- Setiadi. 2017. Konsep Dan Proses Keperawatan Keluarga. Yogyakarta: Graha. Ilmu.
- Setyowati, A. 2016. Asuhan Keperawatan Keluarga. Yogyakarta: Mitra Cendikia Press.
- Sholihah, Annisa ush. 2017. Pengaruh Mobilisasi Dini Terhadap Peningkatan Kekuatan Otot Pada Pasien Pasca Stroke Iskemik Kekuatan Otot Pada Pasien Pasca Stroke Iskemik Di RSUD DR. Harjono Ponorogo. <http://repository.stikes-bhm.ac.id/156/>.
- Theresia et, al 2018. Pengaruh Mobilisasi Dini Terhadap Penyembuhan Luka Post Operasi Sectio Caesarea. Media Informasi 14 (2), 182-190. http://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=dapus+theresia+eriyani+2018+tentang+penyembuhan+luka&btnG=#d=gs_gabs&u=%23p%3DXzDgY-2pMhcJ
- Torosian MH. 2020. Perioperative nutrition support for patients undergoing Gastrointestinal surgery: critical analysis and recommendation: World J Surg.
- Utami dan Triwanti. (2014). Pengaruh Ambulasi Dini Terhadap Intensitas Nyeri pada Pasien Post Sectio Caesarea di Ruang Flamboyan RSUD Dr.R. Koesma Tuban. Sainmed Vol 8
- Ward, P.T. 2018. At A Glance Cardiovascular System. Jakarta: Erlangga.
- Wardani, Ika Kusuma and , Purwanti, SKM., M.Kes (2018) Perilaku Penggunaan Buku Kesehatan Ibu Dan Anak (KIA) Pada Ibu Hamil Di Wilayah Kerja Puskesmas Kecamatan Sragen. Karya Tulis Ilmiah thesis, Universitas Muhammadiyah Surakarta.

- Wati dan Kamsatun. 2018. Mobilisasi Dini Ibu Post Sectio caesarea di RSUD Soreang. Jurnal Ilmu Dan Teknologi Kesehatan 5 (2), 149-163. http://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&qwati+fitri+rachma+2018+tentang+infeksi+yg+banyak+terjadi+oada+ibu+post+sc&btnG=#d=gs_qab&u=%23p%3DvDO37xXHy6AJ.
- World Health Organization. 2018. Indonesia: WHO Statistical Profile, Ctry. Stat. Glob. Health. Estim. Geneva.
- Yosep, I. (2007). Keperawatan Jiwa. Bandung: Riefka Aditama
- Zulva, S. R. 2019. Hubungan Self Efficacy dengan kemampuan Mobilisasi Dini Pasien Pasca Bedah dignitif di Ruang Rawat Inap Bedah RSUDDr. H Abdul Moeloek Provinsi Lampung Tahun 2019 (Doctoral dissertation, Poltekes Tanjung Karang.