

EARLY MOBILIZATION FOR WOUND HEALING OF SECTIO CAESAREA POST OPERATIVE THROUGH VIDEO MEDIA

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ESSENCE

Background: Birth by Sectio Caesarea (SC) is currently increasing. According to the World Health Organization (WHO) the average SC birth rate is 5 - 15% per 1000 births in the world. Meanwhile, the prevalence of SC in Indonesia, especially in women aged 10-54 years, reaches an average of 17.6%. Efforts to speed up the recovery process during post-SC, especially for post-SC mothers so that mothers receive normal wound care and healing is early mobilization. **Aim:** to provide knowledge and information for post-SC mothers about early mobilization of post-SC wound healing using video media. **Output Description:** The output achieved is an early mobilization video to accelerate the healing of postoperative cesarean section (SC) wounds. **Conclusion:** the output of this video helps to introduce the early mobilization movement to the community, especially post-SC mothers.

Keywords: *sectio caesarea, early mobilization, video*