

**EARLY MOBILIZATION OF POST SECTIO CAESAREA (SC) MOM
TO SPEED UP WOUND HEALING WITH BOOKLET MEDIA**

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Background; *Sectio Caesarea (SC) is a form of delivery through a surgical process to remove the baby from the womb by means of surgery on the abdomen. Post SC is a period of recovery of the reproductive organs after the birth of the fetus through an incision in the abdominal wall and uterus caused by pregnancy itself with triadic symptoms, namely hypertension, edema and proteinuri. Post-SC mothers tend to limit their movement for fear of a tear in the surgical wound so that it will affect the wound healing process. Early mobilization is a movement that is done as early as possible to train body parts that are useful for helping wound healing in post-SC mothers. Early mobilization will accelerate wound healing because wounds require good blood circulation for growth and repair of damaged cells.*

Purpose; *increase public knowledge, especially post SC mothers in early mobilization to accelerate the wound healing process using booklet media.*

Methods; *The method used is media books as a solution in increasing the knowledge of post-SC mothers to mobilize as early as possible as a way to accelerate wound healing.*

Result; *The output produced was in the form of a booklet with the theme of early mobilization of post-caesarean section (SC) to accelerate wound healing.*

Conclusion; *Booklet media can be used to increase knowledge for post-SC mothers in the wound healing process by conducting early mobilization.*

Keywords: *Mobilization, Post SC Wound, Booklet*