

EARLY MOBILIZATION TO REDUCE PAIN IN SECTIO CAESAREA POST OPERATIONS THROUGH VIDEO MEDIA

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ESSENCE

Background: *Caesarean delivery is a safe method of delivery for some groups. However, if investigated further, cesarean delivery is not the best choice for all conditions. Patients generally have to adapt to any body changes that may occur postpartum. In addition, the process of caesarean delivery also requires the patient to adapt to abdominal pain due to surgery. Furthermore, all of the above weaknesses make the patient relatively weak in mobility, especially in the activities of caring for and caring for babies after surgery. Even when compared to the normal delivery process, the caesarean delivery process has a relatively longer healing time span. Apart from these drawbacks, Sectio caesarea also allows for postoperative complications such as a significant increase in pain, infection, bleeding, back pain, excessive fatigue, sleep and psychological disorders, and constipation due to missed opportunities to interact with the baby and care for him. And to reduce pain and possible complications in post surgery sc is by early mobilization. **Methods:** Through video as a medium that contains early mobilization to reduce post sc pain. **Result:** This media is in the form of videos containing early mobilization tutorials. This media can be distributed directly to mothers and social organizations. **Conclusion:** As a medium of education and information for the community, especially post sc mothers, it is related to early mobilization to reduce pain.*

Keywords: *Pain, early mobilization*