

**KOMPRES DINGIN SEBAGAI UPAYA PENGURANGAN NYERI PADA  
LUKA PERINEUM IBU POST PARTUM MELALUI MEDIA POSTER**

**LAPORAN TUGAS AKHIR**



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## **COLD COMPRESS AS AN EFFORT TO REDUCE THE PAIN OF POST PARTUM PERINEUM WOUND THROUGH POSTER MEDIA**

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### **ABSTRACT**

**Background;** Cold compress is a form of providing cutaneous stimulation by utilizing temperature. The average perineal wound experiences pain, to overcome this it is given cold compress therapy. Cold compresses make post partum mothers feel comfortable, because the analgesic effect of cold compresses reduces the speed of nerve conduction so that fewer pain impulses reach the brain, thereby reducing pain sensations. In RSIA Paradise, from 2015 there were 104 mothers with perineal rupture wounds (36.3%) of 286 mothers. In 2016 there were 160 mothers with perineal rupture incidence (40.5%) out of 395 mothers with an average perineal rupture healing rate for 7 to 10 days. **Purpose;** Posters are used to increase knowledge in post partum mothers about applying cold compresses to reduce pain in perineal wounds. **Output Description;** The theme of this poster is "Cold Compress to Reduce Pain in Post Partum Mother's Perineal Wounds". Describes the cold compress method to reduce pain in the perineal area. **Target;** Poster shown to Ms. Post Partum to increase knowledge. **Conclusion;** Posters can be used as a medium of education and information to increase knowledge for Post Partum mothers about the cold compress method to reduce perineal pain.

**Keywords:** Post Partum Mother, perineal wound, posters