

The Effect of Giving Snakehead Fish Extract on Wound Healing in Post-Sectio Caesarea Patients at Bhayangkara Polda DIY Hospital

Haning Prasiwi¹, Enny Yuliaswati²

202322031.students@aiska-university.ac.id, ennyuliaswati@gmail.com

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *The primary need that must be addressed for postpartum mothers with wounds is proper nutrition to support the immune system and wound healing. Gabus fish is an alternative source of albumin protein. Additionally, the nutritional content and amino acids in gabus fish extract can aid in the repair of damaged cells and accelerate wound healing. This study aims to analyze the effect of gabus fish extract on the duration of wound healing in postpartum women after cesarean section at RS. Bhayangkara Polda DIY.*

Method: *This research uses a quasi-experimental design with a case-control group approach. The study was conducted at RS. Bhayangkara Polda DIY. The research instrument was the REEDA scale to measure wound status and determine the duration of wound healing. The sample consisted of 20 respondents, divided into 2 groups: the treatment group, comprising 10 postpartum women who received antibiotics and gabus fish extract, and the control group, comprising 10 postpartum women who received antibiotics without gabus fish extract.*

Results: *The average wound healing time for the treatment group was 6 days, while for the control group, it was 9 days. There was a significant difference in the duration of wound healing between the treatment and control groups at RS. Bhayangkara Polda DIY, with a p-value of $0.028 < 0.05$.*

Conclusion: *The administration of gabus fish extract is effective in reducing the duration of wound healing in postpartum women after cesarean section at RS. Bhayangkara Polda DIY.*

Keywords: *Wound, Post-Sectio Caesarea, Snakehead Fish Extract*