

**VIDEO EDUCATION MEDIA ON THE BENEFITS OF GIVING WARM
COMPRESSES AS AN EFFORT TO REDUCE PAIN INTENSITY IN POST
CAESARIA SECTIO**

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SUMMARY

Background: The main problem that post-SC patients usually complain about is acut pain which can cause various problems, such as experiencing difficulties in caring for the baby, mobilizing and adjusting position during breastfeeding due to pain. Warm compresses are one of the non-pharmacological treatments, namely nursing action carried out by providing a warm feeling with a temperature of 40⁰C – 43⁰C around the SC incision area for 5-10 minutes using a bladder with the aim of widening the blood vessels thereby increasing circulation. Blood to the painful area, reducing muscle tention thereby reducing pain due to muscle spasm or stiffness. **Objective:** to create Communication, Information and Education Media (KIE) about the benefits of warm compresses as an effort to reduce pain intensity in post-SC patients. **Method:** the method used in IEC media is in the form of a video produced as a health promotion implementation which can be used as a reference for midwives or midwifery students. **Results:** the media produced from KIE is in the form of videos that can be seen and practiced directly by SC post mothers and midwifery students. **Conclusion:** IEC media is used as a media for promotion, communication, information and education for post-SC mothers as an effort to reduce post-SC pain.

Keywords: Warm Compress, Post SC Pain