

**THE EFFECT OF GIVING BOILED CHICKEN EGGS ON THE
ACCELERATED HEALING OF PERINEAL WOUNDS IN PUBTER
WOMEN AT THE INDEPENDENT PRACTICE OF MIDWIFE EMA
SUSANTI, NORTH LAMPUNG DISTRICT**

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ABSTRACT

Background: Perineal wounds occur during spontaneous labor or episiotomy. As a result, wounds that take a long time to heal will become a place for the growth of microorganisms that cause infection. The process of healing perineal wounds requires adequate nutritional intake which contains lots of protein. The protein in egg whites is very high, the digestibility value and digestibility of eggs are the best among other food ingredients. The digestibility value is 100% compared to meat which is only 81%. Egg white contains 95% albumin which functions for wound healing. **Objective:** to determine the effect of giving boiled chicken eggs to accelerate the healing of perineal wounds in postpartum mothers. **Method:** using quasi-experiment. The sample was 20 respondents using consecutive sampling technique, divided into 2 groups, namely 10 intervention groups and 10 control groups. In the intervention group, boiled eggs were given twice a day for 6 days. Meanwhile, the control group was given health care for perineal wounds. On day 7, observations were made in both groups. Test analysis using Mann Whitney. **Results:** 7 (70%) of the intervention group had fast healing, while only 2 (20%) of the control group had fast healing. Data analysis obtained a value of $p=0.028$ where $p<0.05$. **Conclusion:** giving boiled chicken eggs has an effect on accelerating the healing of perineal wounds in postpartum mothers

Keywords: Perineum Wounds, Postpartum Mothers, Boiled Eggs