

THE EFFECT OF PINEAPPLE CONSUMPTION ON THE HEALING OF PERINEAL WOUNDS IN PUBTER WOMEN AT THE PRATAMA AZZAHRA HUSADA CLINIC, SOUTH LAMPUNG REGENCY

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ABSTRACT

Background: Perineal wounds are injuries that occur during childbirth due to pressure from the baby's head at birth, causing injuries to the perineum. In treating perineal wounds, treatment can be done using betadine compresses but for the healing effect of perineal wounds with betadine > 7 days so that Other therapies are needed to heal perineal wounds more quickly, namely non-pharmacological therapy, namely by giving pineapple fruit which contains vitamin C, bromelain enzymes and proteins which function to speed up the healing of perineal wounds and prevent infection. **Purpose** is to find out the effect of giving pineapple fruit on healing, perineal wounds before giving pineapple fruit and after giving pineapple fruit. **The method** uses Pre-experimental design with a one group pretest-posttest approach. **The research** was located at Pratama Azzahra Husada Clinic, South Lampung in April - June 2024. The population of 35 postpartum mothers with perineal wounds were sampled using consecutive sampling technique. **Results** of the characteristics of respondents who experienced perineal wounds before giving pineapple: 17 respondents (80%) experienced poor perineal wounds, 3 respondents (30%) experienced bad perineal wounds, after consuming pineapple 18 respondents (90%) recovered, 2 respondents (10%) experienced poor wound healing. Wilcoson statistical analysis showed that Asymp.Sig (2-tailed) had a value of 0.000 p value <0.05. **Conclusion:** There is an effect of giving pineapple fruit on perineal wound healing

Keywords: perineal wounds, postpartum mothers, pineapple