

**POCKET BOOK EDUCATIONAL MEDIA ABOUT
BENEFITS OF FEEDING SNAKEFISH
IN WOUND HEALING
POSTPARTUM MOTHER**

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SUMMARY

Background: Infections during the postpartum period can occur due to inadequate nutrition in postpartum mothers which can hinder the healing process of perineal wounds. The problem of postpartum mothers with perineal wounds is due to a lack of protein which can inhibit the healing process of perineal wounds. Perineal wounds are tears that occur in the perineum during childbirth and occur in almost all first births and not infrequently also subsequent births. Perineal wounds will dry out quickly if you consume lots of snakehead fish. Snakehead fish contains protein and albumin which are important for health so they can speed up wound healing. **Purpose:** This pocket book aims to provide knowledge about postpartum mothers, perineal wounds, the benefits of snakehead fish and how to treat wounds. **Method:** Using the Canva application to modify the layout and images on the outside of a pocket book measuring 10x13 cm in educating postpartum mothers who have perineal wounds, and a trial was carried out on 3 postpartum mother respondents. **Results:** Information and educational communication media in the form of a pocket book on the benefits of giving snakehead fish for healing perineal wounds. **Conclusion:** This pocket book helps reduce perineal wounds. This pocket book can also increase knowledge for postpartum mothers about the benefits of snakehead fish for healing perineal wounds.

Keywords: Postpartum mothers, perineal wounds, snakehead fish