

SITZ BATH TO REDUCE PAIN IN PERINEAL INJURY OF POST PARTUM MOTHER WITH VIDEO MEDIA

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SUMMARY

Introduction : Post partum is the period that starts after the delivery of a placenta and ends when the reproduction has nearly returned to its pre-pregnant state. Sometimes a problem comes during post partum. For example is infection in perineal injury. Sitz bath therapy is considered to speed up the recovery of perineal injury. The results of Herman, et al. at 2023, 3 respondents had decreased injury level from medium to minor. The level of perineal injury recovery or episiotomy before intervention is 5-6 in REEDA's score. After intervention, the REEDA's score is 2-3. Video as a health education media can build the learning process, the message conveyed is more efficient because moving images can communicate the message quickly and clearly, so that it can speed up understanding of the message more comprehensively. ***Objectives*** : With this video, post partum mother can apply sitz baths. ***Methods*** : Utilize Canva app to modify external projects by making lay outs and pictures in video. ***Results*** : The output produced is a video that has been applied to 5 respondents with good content, easy to understand and increases knowledge. ***Conclusions*** : The video media with the title "After a Normal Birth? Is the Stitches hurt?" can be increase post partum mother knowledge about sitz bath

Key words : sitz bath, video, perineal injury