

**EFFECTIVENESS OF EARLY MOBILIZATION ON
DECREASE IN PAIN LEVELS IN POST SECTIO
CAESAREA IN RSUD Ir SOEKARNO DISTRICT
SUKOHARJO**

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ABSTRACT

Background: SC delivery is performed by making a cut in the abdominal wall and uterus to remove the baby and remove the placenta intact. SC action has the side effect of pain arising from the release of pain receptors due to disconnection of tissue continuity. The intervention provided is early mobilization which aims to improve blood circulation so as to reduce pain. **Objective:** Knowing the results of the implementation of the provision of Early Mobilization to Reduce the Pain Level of Post Sectio Caesarea Mothers at Ir Soekarno Sukoharjo Hospital. **Method:** Research using descriptive case studies. By applying early mobilization to two respondents to reduce pain, starting in the first 6 hours post sectio caesarea to 24 hours post sectio caesarea. Judging from the results of the pre test and post test to measure the level of pain using the Numeric Rating Scale (NRS). **Results:** The pain intensity of the two respondents was on a moderate pain scale of 6 and 5 and after 24 hours post SC the patient's pain decreased to a mild scale of 2 and 1. **Conclusion:** There is a decrease in pain intensity after early mobilization in both respondents.

Keywords: Early mobilization, Sectio caesarea, Pain.