

***APPLICATION OF EARLY MOBILIZATION TO PAIN SCALE IN POST
SECTIO CAESAREAN MOTHERS IN THE PONEK ROOM
RSUD dr.SOERATNO GEMOLONG SRAGEN***

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ABSTRACT

Background: Sectio Caesarean delivery is a surgical procedure by making an incision in the abdominal wall and uterine wall which aims to remove the baby and remove the placenta intact. Sectio Caesarea has the side effect of pain arising from surgery. The intervention given is early mobilization post section caesarea which aims to relax the muscles and facilitate blood circulation so as to reduce pain. ***Objective:*** Knowing the results of the Application of Early Mobilization to determine the Pain Scale in Post Sectio Caesarea Mothers in the Ponek Room at RSUD dr. Soeratno Gemolong Sragen. ***Method:*** Research using descriptive case studies. By applying early mobilization to 2 respondents to reduce pain, starting in the first 6 hours to 48 hours post section caesarea. Judging from the results of the pre 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 48 hours post sectio caesarea the patient's pain decreased to a mild pain scale of 2 and 1. ***Conclusion:*** There is a change in pain scale after early mobilization on both respondents.

Keywords: Early Mobilization, Sectio Caesarea, Pain