

**EFFECTIVENESS OF BOILED CHICKEN EGG CONSUMPTION ON
PERINEAL WOUND HEALING IN POSTPARTUM MOTHERS AT
PMB APRIYANTI IN EAST LAMPUNG**

Dwi Septiani¹, Suparmi²

Email: dwis.students@aiska-university.ac.id

suparmi@aiska-university.ac.id

¹Aisyiyah University Surakarta

ABSTRACT

Background; Perineal wounds are openings that occur during normal labour in the perineum. Based on data from the World Health Organization (WHO), there were 2.7 million cases of perineal rupture in labouring women. In Lampung province, perineal rupture experienced by women in labour with bleeding was 7%, suture wound infection was 5%. The impact that occurs if wound healing is hampered is infection of the suture wound which causes the length of healing of the perineal wound. The process of accelerating perineal wound healing can be done in several ways, one of which is through nutritional improvement by consuming foods high in calories and protein, one of which is the consumption of boiled eggs. **Objective;** The effectiveness of boiled chicken egg consumption on perineal wound healing in postpartum women at PMB Apriyanti in East Lampung. **Method;** Type of pre experimental research with One group pretest posttest design. The population in this study were all postpartum mothers totalling 23 people at PMB Apriyanti. Sampling technique accidental sampling Statistical test using wilcoxon test. **Result:** The results showed that the perineal wound of postpartum women after being given boiled chicken eggs averaged 2.87 minimum score 2 and maximum score 4 good categories. The results of the Wilcoxon test obtained a p value of 0.000 ($p < 0.05$). **Conclusion;** Giving boiled chicken eggs has an effectiveness on perineal wound healing.

Keywords: Postpartum women, Perinium Wound, Boiled Chicken Eggs