

MEDIA EDUCATION VIDEO ABOUT CONSUMPTION STEAMED EGG WHITES FOR HEALING WOUND POST SC

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SUMMARY

Background: *A cesarean section is a surgical incision of the uterine wall to deliver the fetus. Wound healing is heavily influenced by nutrition, particularly protein. One of the most nutrient-dense foods is egg white. The various components of eggs have been tested in various sources, and egg whites contain albumin and are fat-free like egg yolks, making them beneficial for supporting wound healing.*

Objective: *to compile a video educational media about the benefits of steamed egg whites to accelerate post-SC wound healing and be used as a guide for post-SC mothers for post- SC wound healing.*

Method: *a description of the video output entitled "Video Educational Media About Consuming Steamed Egg Whites for Post- SC Wound Healing" was made using a software application, namely capcut.*

Results: *a video entitled "Video Educational Media About Consuming Steamed Egg Whites for Post-SC Wound Healing" with a duration of 4 minutes 56 seconds.*

Conclusion: *a video educational media has been compiled by the author to increase public knowledge, especially mothers after giving birth, to accelerate wound healing by consuming steamed egg whites.*

Keywords : *section Caesarea, white eggs , video.*