

**EDUCATION ON THE BENEFITS OF SNAKEHEAD FISH FOR THE
HEALING PROCESS OF PERINEAL WOUNDS
USING POCKETBOOK MEDIA**

Agneta Kirana Sasmaya¹, Siska Ningtyas Prabasari²

Bachelor of Midwifery Study Program, Faculty of Health Sciences

'Aisyiyah University of Surakarta

E-mail: agnetiakirana4@gmail.com

SUMMARY

Background: Perineal wounds frequently occur in postpartum mothers and require proper treatment to prevent infection. Snakehead fish (*Channa striata*) is rich in protein and albumin, which play a crucial role in tissue regeneration and wound healing. However, mothers' understanding of these benefits remains limited.

Objective: To improve the knowledge and behavior of postpartum mothers in perineal wound care through the consumption of snakehead fish using an educational pocketbook that is practical and easy to understand. **Method:** Development of a pocketbook containing information on perineal wounds, the benefits of snakehead fish, and guidelines for its consumption. **Result:** The pocketbook, sized 10x13 cm with 24 pages, includes information on the postpartum period, perineal wounds, nutritional benefits of snakehead fish, and supporting illustrations. This media was assessed as attractive, informative, and easy to comprehend by the target users and healthcare providers. **Conclusion:** This pocketbook is effective as a health communication, information, and education (CIE) tool for educating about perineal wound care. The use of snakehead fish as a local nutritional source has proven beneficial in natural wound healing and in enhancing postpartum mothers' understanding.

Keywords: Postpartum mother, perineal wound, snakehead fish, albumin, pocketbook, health education.