

***POCKET BOOK EDUCATIONAL MEDIA ABOUT  
BENEFITS OF FEEDING SNAKEFISH  
IN WOUND HEALING  
POSTPARTUM  
MOTHER***

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***SUMMARY***

***Background:*** Puerperal infections often occur due to inadequate nutritional intake, especially protein, which is essential for the healing process of perineal wounds. Perineal wounds are tears in the perineal area that happen during childbirth, whether in the first delivery or subsequent ones. Lack of protein intake can hinder the wound healing process. Snakehead fish (*Channa striata*) is a high source of protein and albumin, beneficial for accelerating wound healing and preventing infection. ***Purpose:*** To provide knowledge for postpartum mothers about perineal wounds, the importance of adequate nutrition, and the benefits of snakehead fish in the wound healing process. ***Method:*** The booklet was created using Canva with a size of 10413 cm, containing information about postpartum mothers, perineal wounds, the benefits of snakehead fish, and wound care methods. The booklet was trialed on three postpartum mothers. ***Results:*** The booklet was well received by postpartum mothers and improved their knowledge about the importance of consuming snakehead fish to accelerate perineal wound healing. ***Conclusion:*** This booklet is effective as an educational medium to assist postpartum mothers in perineal wound care, reduce the risk of infection, and accelerate the healing process through the consumption of snakehead fish.

***Keywords:*** Postpartum mothers, perineal wounds, snakehead fish