

EDUCATION ON THE REDUCTION OF PAIN LEVELS CAESAREA POST SECTIO PATIENTS WITH VARIETY AROMATHERAPY THROUGH THE MEDIA BOOKLET

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SUMMARY

Background: Sectio Caesarea is a labor process using the surgical method on the abdomen because labor cannot be done normally. Patients who undergo cesarean section often experience pain. Nonpharmacological treatment to reduce pain is to use aromatherapy. Aromatherapy is carried out by inhaling until the patient feels relaxed and the pain can be reduced. Information about the use of aromatherapy to reduce the level of post sectio caesarean pain can be socialized through the media. One of the media used is a booklet. **Methods :** Using Corel Draw and Word applications to modify the layout of the background design and the image on the outside in the form of a booklet. **Result:** The IEC media is in the form of booklets because the booklet media contains clear information accompanied by supporting images so that it is easy to understand. **Conclusion:** Booklet media can provide information to the public, especially postpartum mothers with sectio caesarea about reducing pain levels with the use of aromatherapy.

Key Words: Sectio Caesarea, Pain, Aromatherapy, Booklet